LUNCH RUSH
VEGAN DELIGHTS TO BE FOUND AT ORGANICLIVES {page 26}

REVEALING
STAR TREK ACTOR OPENS UP ABOUT HIS SEXUALITY {page 14}

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▶ Cody Alan Legebokoff and his alleged victims, from left, Cynthia Maas, Jill Stuchenko, Natasha Montgomery and Loren Donn Leslie.

New charges for accused killer

▶ 21-year-old faces 3 additional counts of first-degree murder in women's deaths in B.C.'s north ▶ RCMP say slayings are not related to Highway of Tears cases ▶ Investigation not over: Police

PHYLICIA TORREVILLAS
@METRONEWS.CA

A 21-year-old Prince George man already charged in the slaying of a blind 15-year-old is facing three more first-degree murder charges for deaths dating back to 2009, RCMP announced yesterday.

Cody Alan Legebokoff, who is awaiting trial in the November 2010 murder of Loren Donn Leslie, is charged in the deaths of Jill Stuchenko, 35, Cynthia Maas, 35, and Natasha Montgomery, 23, following a 10-month investigation.

Insp. Brendan Fitzpatrick said the RCMP is not linking the new charges to the Highway of Tears investigation, which involves the unsolved murders and disappearances of 18 young women since 1969 along the 720-kilometre stretch linking Prince Rupert and Prince George.

"There's no nexus between the victims on Project E-Pana (the Highway of Tears cases) and Mr. Legebokoff," Fitzpatrick said. "First of all, you have to understand his age and the last victim of Project E-Pana was in 2006, and we've also eliminated it through forensics, so it's not connected."

Investigators say Legebokoff used social media and online dating extensively to correspond with friends, associates and potential girlfriends. His online handle is 1CountryBoy.

RCMP also advised that their investigation is continuing as they took the step of releasing photos of Legebokoff and his pickup truck.

Mona Woodward of the Aboriginal Front Door Society said she hopes this development resonates in B.C. so that more cases of missing and murdered aboriginal women and girls aren't forgotten.

"When we heard about (the announcement of charges), it was kind of bittersweet, especially for the family members that were in attendance at the (Missing Women's Inquiry) demonstration," she said. "There were tears of both joy but also reliving the fact that their family members are gone."

Mounties say Legebokoff was arrested Friday at the Prince George Regional Correctional Centre, where he was awaiting trial in Leslie's death.

Stuchenko, a mother, went missing in October 2009. Her body was found days later in a gravel pit off Otway Road in the outskirts of Prince George.

Maas, also a mother, was reported missing by her friends in September 2010. Her body was found a month later in a park.

Montgomery's body has not been recovered, but Mounties say the evidence related to her disappearance warrants a murder charge.

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Lekstrom tables gas tax for transit

A new gas tax is expected to bring in an estimated $40 million to build the Evergreen Line rapid transit system.

Transportation Minister Blair Lekstrom introduced Bill 11, or the Greater Vancouver Transit Enhancement Act, yesterday.

It will allow the region to raise fuel tax by two cents per litre starting April 1, with funds earmarked for the line and other transit initiatives.

"This is the largest hurdle we've had to overcome," Lekstrom said of the new legislation. "Now we want to get it through as quickly as we can to get shovels in the ground."

CHELSEA ALTICE

Abby cop charged with obstruction

An Abbotsford police constable faces an obstruction charge as a result of an off-duty incident.

The officer stopped at a police union office on his way home on April 14, but collided with a pole and caused moderate damage to the unmarked police cruiser he was driving. He has been suspended from duty and investigators are looking into whether he was driving the vehicle while under the influence of alcohol.

CHELSEA ALTICE

CHELSEA ALTICE/FOR METRO

▶ An elder performs a smudging ceremony at Georgia and Robson streets during a protest of the Missing Women Inquiry yesterday.

Protesters unite with families at inquiry

- Relatives of murdered women honoured in rally outside courthouse
- Vulnerability of sex-trade workers highlighted at inquiry

MATT KIELTYKA
@METRONEWS.CA

They may not be in the courtroom, but the organizations boycotting the Missing Women Inquiry offered their support yesterday to the families of Robert Pickton's victims.

The families joined the daily protest outside the courthouse at Georgia and Granville streets and took part in a blanket ceremony.

"It's an honour," said Rick Frey, father of victim Marnie. "They have heartfelt and sincere wishes for us. It's been very humbling."

As the inquiry began last week, there were suggestions of resentment that so many community groups decided to withdraw from the proceedings after provincial legal-aid funding was denied.

Frey said that while the families would have liked the groups to be present at the inquiry, he supports their decision in light of the funding and concerns that the process is flawed.

"We support each other," he said. "I certainly feel the same way they do. It's tough being in the courtroom, but we support what they're doing."

Harsha Walia, of the Downtown Eastside Women's Centre, said the boycotting groups have always supported the families.

"The division people say has been created between the groups and families is false," she said. "We've been standing together for 20 years, and the family members have spoken out as well about how flawed the process is."

Meanwhile, the inquiry heard from Dr. Kate Shannon, director of gender and sexual health at the B.C. Centre of Excellence in HIV/AIDS.

Shannon testified about a report she wrote based on interviews with 255 female street-level sex-trade workers. It found that sex-trade workers continue to be physically and sexually abused but fear reporting crimes to police.

Some of that hesitation, she says, stems from the Pickton investigation. "There's a sense of apathy that nobody will do anything about it," she said.

Shannon found that the risk to women is high because they are more likely to rush transactions with johns to avoid police patrols and because they have been displaced to dark industrial areas.

The inquiry continues.

1 news

A new study argues in favour of a distinction between regular teenage shyness and a crippling social disorder. Scan code for story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

So far, Bay Street rat-racers have been too preoccupied to pay much mind to their occupiers. Video at metronews.ca/video

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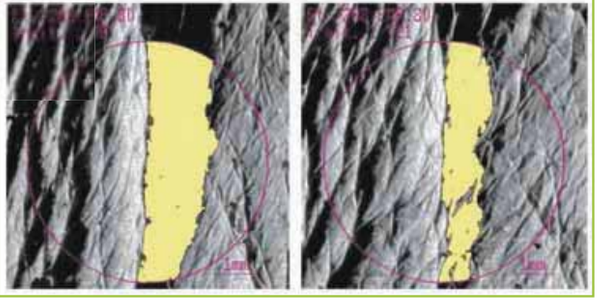

CHELSEA ALTICE/FOR METRO

▶ Occupy Vancouver protester Adam Conrad stands outside the Vancouver Art Gallery yesterday.

Protest settles in at art gallery

▶ Dozens of tents camped outside the Vancouver Art Gallery, planning permanent campgrounds ▶ Volunteers impressed by food donations

CHELSEA ALTICE
VANCOUVER@METRONEWS.CA

On its third day of protests yesterday, Occupy Vancouver demonstrators planned to make their temporary campground outside the Vancouver Art Gallery more permanent.

"The goal here is to be here as long as we need to be," said Chris Gorman, an Occupy Vancouver organizer.

Gorman said platforms had been donated to raise the tents above the mud. He also said the occupation was striving to go green by recycling waste from the area and composting food scraps from a communal kitchen tent.

Volunteers at the tent were impressed by the amount of food donated from various organic food markets and local community businesses, and hope the generosity continues into the week.

"It's the simplest thing we can do here," said food tent volunteer Mya Wollf, who helped feed hundreds of protesters over the weekend.

"The sharing of food is so important for people coming together," Wollf said, adding that she is confident the Occupy movement will strengthen as protesters get to know one another.

Local university student Lynn Stewart joined the protests Saturday and said she can't help coming back.

"It's very moving being a part of this, the feeling of solidarity of 5,000 people wanting change," she said.

Stewart sat outside the gallery catching up on her studies that she has missed while at the protests.

"This is more important than class," she said. "It's a whole movement and it's being replicated around the world."

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KENDRA WONG/FOR METRO

▶ SFU researcher Richard Routledge, right

Salmon disease found in pacific fish

A highly infectious disease recently found in salmon could have profound effects on both the B.C. salmon industry and local aboriginal communities, an SFU professor warned yesterday.

Simon Fraser University researchers Richard Routledge and Nicole Gerbrandt, in collaboration with independent biologist Alexandra Morton, found the first-ever traces of the disease, infectious salmon anaemia (ISA), in wild sockeye salmon in the North Pacific.

Two out of 48 salmon smolts collected from Rivers Inlet were infected with the virus, and researchers fear it could spread. **KENDRA WONG**

News in brief

Tasering of 11-year-old OK: Police chief

The Tasering of an 11-year-old boy near Prince George last April was justified in the view of West Vancouver Police Chief Peter Lepine, who reviewed the incident. In a letter released yesterday, Lepine says he decided not to recommend charges against the Mounties considering the boy's violent past and the danger he presented to himself and others.

THE CANADIAN PRESS

Police tagging suspected rioters

Inspector Les Yeo says police are using sophisticated software that can place an electronic tag, or a marker, on a full or partial image of a suspect, allowing a computer to search other video to find a match to help identify the rioter.

THE CANADIAN PRESS

MATT DUNHAM/THE ASSOCIATED PRESS

Protesters digging in

▶ A businessman sticks his tongue out in jest as he walks past tents erected by protesters from Occupy London.

Momentum for the movement

NEW YORK. The month-old Occupy Wall Street movement enjoyed its new momentum yesterday. UN Secretary-General Ban Ki-moon expressed sympathy with the protesters, and even protest-averse China said some issues raised are worth considering.

THE ASSOCIATED PRESS

'Big splash' a financial flop

TORONTO. A call to make a "big splash" in the heart of Canada's financial district as the workweek began caused barely a ripple yesterday, but unfazed Occupy Bay Street protesters pledged to press their condemnation of the country's economic system.

THE CANADIAN PRESS

BRA Day to support breast cancer survivors

The very first BRA Day (Breast Reconstruction Awareness Day), takes place across the country tomorrow.

Led by reconstructive surgeons and key stakeholder groups, BRA day is intended to educate and promote awareness and access for post-mastectomy breast reconstruction via community-based events and a new online resource — bra-day.com.

"When I realized that I was going to have to undergo mastectomy, my attentions were focused on both my health and on my recovery following surgery," said breast cancer survivor Jodi Brown.

"Reconstructive surgery restored my self-esteem and made me feel complete again."

In 2010, nearly 45,000 mastectomies were performed on breast cancer survivors in Canada.

About 92 per cent of those women did not pursue breast reconstruction, despite the myriad options available as an insured medical service in Canada.

For more information on the event, visit bra-day.com/events.php.

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Four rescued in possible fraud scheme

Police investigate whether woman was stealing hostages' disability checks

Police investigating why four mentally disabled adults were found locked in a dark and squalid basement say the discovery of dozens of pieces of identification points to a wide-ranging fraud scheme.

The four adults were rescued over the weekend when the building's landlord shined a flashlight behind a steel door that had been chained shut. One adult had been shackled to the boiler, police said. The space was too small for an adult to stand upright, and it reeked of waste from the buckets the four had used as toilets.

"It's heartbreaking that people can do such horrifying things to other people,"
OFFICER TANYA LITTLE, POLICE SPOKESWOMAN.

Police are looking into whether the suspects were holding the four people hostage and collecting their disability cheques, police spokeswoman Tanya Little said.

"Without a doubt, this is just the beginning of this investigation," Lt. Ray Evers told The Associated Press.

Charges of criminal conspiracy, aggravated assault, kidnapping, criminal trespass, unlawful restraint, false imprisonment and related offences were filed Sunday against Linda Ann Weston, 51, Gregory Thomas, 47, and Eddie Wright, 50.

The people found in the basement — a 29-year-old woman and men aged 31, 35, and 41 — have the mental capacity of 10-year-olds, police said. Little said they appeared to have no physical problems other than malnourishment.

THE ASSOCIATED PRESS

Flood. Danger

▶ Thai workers make their way on motorcycles yesterday after they were told to evacuate when water started to break through makeshift barriers erected the past few days.

APICHART WEERAWONG/THE ASSOCIATED PRESS

Evacuations in Thailand

Thai authorities have ordered the immediate evacuation of the country's oldest industrial park, which was founded in 1971, after floodwaters breached its defences of the park and threatened to inundate the factories inside.

Passersby ignore toddler in hit-and-run

A grisly video of a Chinese toddler hit by a van has sparked outrage and disbelief in Chinese media.

Closed-circuit camera footage posted on YouTube and Youku, a Chinese video-sharing site, shows that the two-year-old, identified by the China Daily newspaper as Yueyue, was left writhing in a street as roughly a dozen pedestrians, cyclists and motorists passed by inside a market in Foshan, a city in China's southern Guangdong province.

The passersby all also ignored the girl's bloody body. A rickshaw driver, a motorcyclist and even a woman hand-in-hand with a young child noticed the toddler but neglected to stop. The girl was run over a second time by a light-duty truck.

After the driver struck the girl, he paused, his vehicle straddling the girl's torso, before driving forward, running her over a second time. At press time, there were conflicting reports as to whether she had survived. **TORSTAR NEWS SERVICE**

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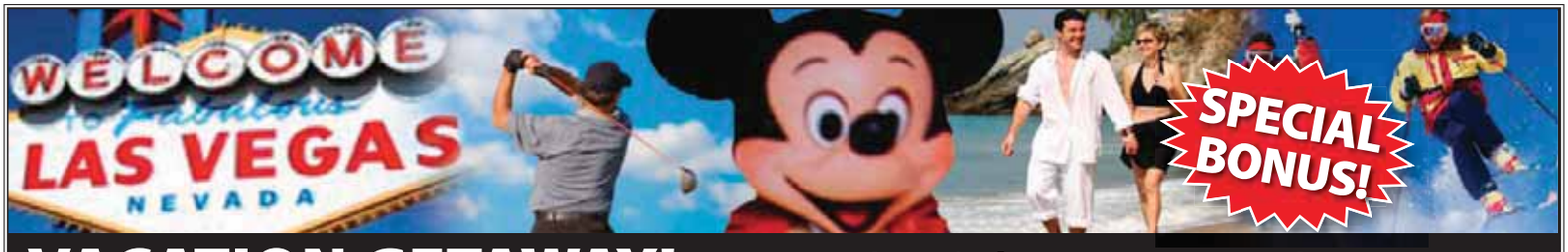

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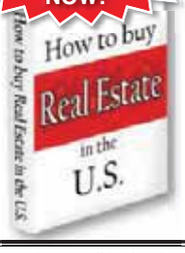

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LIES MY TV TOLD ME

SHE SAYS ...

JESSICA NAPIER
METRO

I grew up on a steady diet of sitcoms. Before the days of Angry Birds and social networking, I turned to cable television for my nightly fix of mindless entertainment. And even though the programs were fictional, the zany antics of attractive ensemble casts started seeming pretty plausible after the second or third rerun.

Here are seven sitcom myths I had to unlearn once I realized that real life isn't an after school special.

1. Having a career is just a plot device. Real people have jobs. You don't spend hours sipping cappuccinos and discussing your on-again, off-again love affairs in the middle of the afternoon; you actually have to work if you want to earn a living. Also, it's important to note that days at a real-life office aren't spent pranking each other with stationery in Jello moulds.

2. CHEERS: Where everybody knows your name. Your buddies don't hang out at one specific diner/coffee shop/bar all the time. Your social circle will be scattered across the city (or country) and you will rarely bump into your friends by chance. That's what Foursquare is for.

"Paleontologists do not look like Ross Geller. They just don't. On a related note: doctors don't look like Olivia Wilde and police officers rarely resemble Shemar Moore."

3. Everything you say is funny. Unlike situation comedies, your life doesn't come with a laugh track. If you make a bad joke, there is no guaranteed guffawing to validate you. In trying to come to terms with this, you may develop a nervous habit of chuckling after almost everything you say in an attempt encourage others to do the same. Or maybe that's just me? OK — moving on.

4. Everybody is attractive. Paleontologists do not look like Ross Geller. They just don't. On a related note: doctors don't look like Olivia Wilde and police officers rarely resemble Shemar Moore.

5. Ex-lovers only reappear in re-runs. Your ex-boyfriend is not a hunky guest star that disappears after a four-episode arc. You'll inevitably run into him, probably when you're on your way home from the gym or sick with a head cold.

6. Have you seen my awesome apartment? Twenty-somethings don't shack up with astonishingly attractive roommates in impossibly expensive 2,000-square-foot industrial lofts. It's more likely that you'll end up living in a modest rental unit with your parents' old furniture and a mouse problem.

7. Being single is the best! Singledom is hardly a slew of comical encounters with eccentric yet loveable characters; most first dates are awkward and entirely underwhelming — hilarity does not ensue. There are also plenty of lonely, miserable nights; they just don't show that on TV.

Read more of Jessica Napier's columns at metronews.ca/shesays

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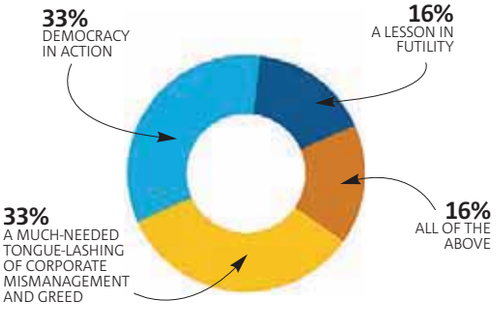
The Occupy Wall Street protests are:



Local tweets

- **@Van Canucks:** Kesler confirms he is "good to go". #Canucks
- **@retro_canuck:** I cannot wait to see @Ryan_Kesler play with Hodgson and Higgins. Bring on the Rangers. #Canucks
- **@mikemacagba:** Chyeaaaaa! He's had enough espn shoots. RT @TEAM1040: Canucks centre Ryan Kesler will return tomorrow against the ... tmi.me/hfuLG
- **@CityCaucus:** Is it ok 4 @MayorGregor to treat #OccupyVancouver differently than Falun Gong, VanAct or anti-Olympic protestors? bit.ly/njdTEz
- **@colzbox:** People in power need fewer personal assets. In a supportive system they'll have more resources than they'll need. #occupyvancouver
- **@TravisLulay:** Just landed back in van, always great to touch down after a W. Proud of the fellas, thx for the support @BCLions fans! #FB
- **@BCLionsDen:** @geroysimon needs to average 89.3 yards over the final three games of the season to break Milt Stegall's record this season. #CFL #BCLions

Letters

The 99 per cent that Occupiers represent are demanding change and are gaining supporters from all walks of life.

In the past, the North American and European economies were dependent on an automobile sector, decent wages and population growth. Not to mention a need for consumers to keep on spending to keep the economy going. What is happening now is literally the opposite.

The gap between the rich and the poor is increasing dramatically.

The population is aging and there are less working people to support the government and society. Corporations are outsourcing jobs to countries like China and India. There are less decent-paid jobs now and unemployment is increasing. The people are no longer earning $30 per hour unless you work for the government. This is reducing consumer spending, saving, and increasing debt. The population is basically scrambling for minimum-wage jobs.

Occupy Wall Street is an interesting phenomenon because it reflects this anxiety.

ALEX SANGHA
DELTA, B.C.

photo of the day

▶ This photo titled A Still More Glorious Dawn Awaits was submitted to the Imagination category by vanessapaxton from Toronto.

Metro invites its readers to join the Metro Global Photo Challenge — running in 100 cities on four continents — to win fantastic prizes and worldwide recognition. Enter your digital photos at metrophoto-challenge.com. The contest runs until Nov. 22. As well as a chance to win a trip to any city Metro publishes, one submission will also be featured here daily.

WEIRD NEWS

'Excuse me officer, I was driving good'

Police say a Detroit-area man had his nine-year-old daughter drive him to the store because he had apparently been drinking.

Brownstown Township Detective Lt. Robert Grant said yesterday the girl was sitting behind the wheel in a child's booster seat before 3 a.m. on Oct. 8 when an officer opened the driver's side door of the full-sized panel van her father uses for work.

Grant tells the Detroit Free Press newspaper the girl said to the officer: "What did you stop me for? I was driving good."

Someone called police after spotting the pair stopped at a gas station. The caller watched the girl get in the driver's seat and pull the vehicle onto the road.

"She's driving pretty good, I'm telling ya. I can't believe it," the man told the dispatcher.

The father was arrested and is facing several charges, including second-degree child abuse.

The daughter told officers her father had been drinking whiskey all night and took her out to drive."Very sweet, intelligent little girl," Grant said. THE ASSOCIATED PRESS

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- Lougheed Town Centre (kiosk)
- Marine Way Market
- Metropolis at Metrotown

CHILLIWACK
- Cottonwood Mall

COQUITLAM
- Coquitlam Centre

CRANBROOK
- First Pro Cranbrook

DAWSON CREEK
- 600 - 113TH Ave.
- Dawson Mall

DELTA
- Scottsdale Centre
- Sunshine Village

FORT ST. JOHN
- 7920 Alaska Rd.
- Totem Mall

LANGLEY
- Willowbrook Corner
- Willowbrook Mall

MAPLE RIDGE
- Haney Place Mall

NEW WESTMINSTER
- Queensborough Landing

PITT MEADOWS
- Meadowtown Centre

RICHMOND
- Aberdeen Centre
- Richmond Centre

SURREY
- 13630 - 72 Ave.
- 8363 - 128th St.
- Clover Square Village
- Guildford Town Centre
- Nordel Crossing
- Panorama Village
- Semiahmoo Shopping Centre
- Surrey Central City Mall

VANCOUVER
- 420 Robson St.
- 1100 Robson St.
- 698 West Broadway
- 1588 West Broadway
- 1008 West Georgia St.
- 2154 West 4th
- Capilano Mall
- Chinatown Plaza
- Lynn Valley Centre
- Oakridge Centre
- Pacific Centre
- Park Royal S.

OKANAGAN

KAMLOOPS
- Aberdeen Mall
- Lansdowne Village

KELOWNA
- Dilworth Shopping Centre
- Orchard Park Shopping Centre

PENTICTON
- Peachtree Square

PRINCE GEORGE
- Pine Centre

VERNON
- Village Green Mall

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NANAIMO
- Woodgrove Centre

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- Hillside Shopping Centre
- Mayfair Shopping Centre
- Westshore Town Centre

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Free apps at what cost?

RIM could lose about $26 million, analyst predicts

The co-CEO of Research In Motion says the BlackBerry maker doesn't know yet what the final price tag will be for last week's global email, text and Internet outage.

Jim Balsillie says the Waterloo, Ont., company hasn't calculated the cost of offering BlackBerry users $100 in free apps and doesn't know yet how it will impact its earnings.

One analyst has estimated that if RIM were to compensate all carriers and customers for the down time of the BlackBerry network, its earnings would be negatively affected by three to five cents per share in the current quarter — a total of about $26 million.

THE CANADIAN PRESS

SCOTT OLSON/GETTY IMAGES

▶ A BlackBerry is shown last Wednesday in Chicago.

Some free apps

- Drive Safely Enterprise: Reads text and email messages aloud.
- Vlingo Plus: Virtual Assistant: Voice recognition.
- Games: SIMS 3, Bejeweled, N.O.V.A., Texas Hold 'em Poker 2, Bubble Bash 2.

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar	Oil	Natural gas 1,000 cu ft	Gold
- 158.7 (11,923.04)	- 1.12¢ (97.84¢ US)	- $0.42 US ($86.38 US)	$3.688 (- $0.15)	$1,676.60 (- $6.40)

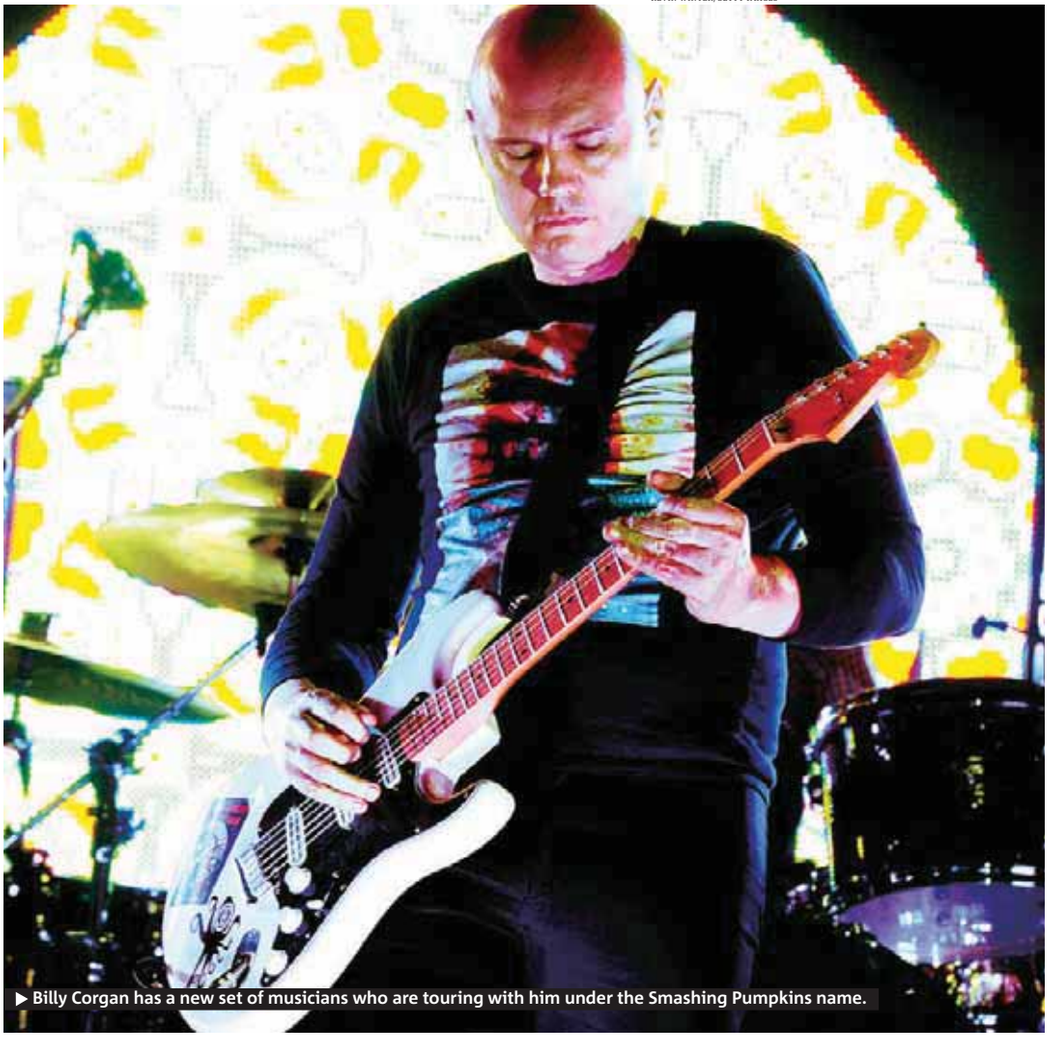
2 scene

Smashing the past

Billy Corgan talks new tour and his desire to bring the Smashing Pumpkins into the present

HEIDI PATALANO
SCENE@METRONEWS.CA
METRO WORLD NEWS IN NEW YORK

KEVIN WINTER/GETTY IMAGES



▶ Billy Corgan has a new set of musicians who are touring with him under the Smashing Pumpkins name.

Billy Corgan is one of the titans of the '90s alternative rock scene. He's a polarizing figure in some circles, having issued a few controversial remarks in the past regarding his ex-band mates, with whom he no longer tours. But with a new set of musicians touring under the Smashing Pumpkins name, Corgan wants to bring the band into the present with his latest tour.

Does the music you write under the Smashing Pumpkins name differ from material you've written as Zwan or your self-titled work?
It's weird because the whole idea with the Pumpkins originally that evolved in the early days was more that it was supposed to be kind of an experimental excitement kind of thing whereas away from the Pumpkins, I tend to write a little bit more traditional music. [It's] probably a little more obvious in a way. For whatever reason, the Smashing Pumpkins, the idea of the band or the spirit of the band, has always pushed me to force myself out of my comfort zone. If it's just me, Billy Corgan, I guess I want to try different things. There's something about the way the band was formed as being in awe of rock 'n' roll but also wanting to destroy rock 'n' roll. That spirit still pervades everything that goes on with the Pumpkins. Somehow that only seems to exist under that banner.

So then, how does one destroy rock 'n' roll?
Maybe it's different now, but let's say 20 years ago there was sort of an unwritten rule that you don't talk about how fake rock 'n' roll really was. If you saw this interview with Iggy Pop and he was talking about these amazing books he was reading, people would scratch their heads and say, 'I thought he was kind of stupid and rolled around in glass.' They would be disappointed. So the Pumpkins came along and were willing to poke holes, particularly in the indie alternative world, in the facetiousness of the whole thing, this idea that we were all living in vans down by the river. It was this kind of fantasy that musicians were a subterranean class, were able to create works of incredible beauty or something. So we were just like, oh f— all that.

Where do you see innovation happening in music?
Honestly, I think in terms of predicting something, the future of rock 'n' roll is probably in mixed media. Because it always starts in the basement with a 16-year-old. What can she do to actually change rock 'n' roll? Maybe she figures out a very cheap, easy but creative way of combining moving image, a personal vision, and music. So imagine like, a 16-year-old girl puts out a 20 minute film that she did on her own of moving images, songs that she created and suddenly, a million teenage boys and girls connect to what she's doing, not just because of the song, but also the way she's cut the music and the sound effects, like a personal statement of her world but more three dimensional than say just music is.
I think that's the future of rock 'n' roll.

In going into your back catalog as you kind of have to, are there any songs that you love playing again and are there songs you'd never play again?
Honestly, every time I tour, I look at the whole list and I go with what I feel. Songs we're playing on this tour, some songs I haven't played in like 17 years.

Like what? Which songs?
Oh, I can't give that away. But some songs you play and it's 'oh, it feels good to play this after 17 years.' But nothing's prohibitive. I love playing my songs. I've gotten a bad rap for being picky about what I'll play ... but it's weird because sometimes it's not so much that I don't want to play the song but it's the audience's expectations that effect what I want to play. I'll give you a perfect example. You'll play a new song that's a pretty good song, a song you have confidence that it's a pretty good song and the audience applauds and then you play a mediocre old song and the audience acts like it's the greatest song they've ever heard. As an artist, you're standing there saying, OK, that's not real. That's not a real reaction to what's happening. That's a memory-sensory reaction.

Scene in brief

Opera star Measha Brueggergosman and songwriter Stephan Moccio will join Martin Short on the Canada's Got Talent judging panel. Citytv also announced that Toronto TV personality Dina Pugliese will host the show. Brueggergosman is a Juno-winning soprano. Moccio is known for writing the song I Believe for the Vancouver 2010 Olympics.
THE CANADIAN PRESS

E! News' host Giuliana Rancic says she has been diagnosed with breast cancer.

DVD Releases

Buy it | **Rent it** | **Borrow it** | **Yawn** | **Don't bother**

Green Lantern

Genre: Action
Director: Martin Campbell
Stars: Ryan Reynolds, Blake Lively, Peter Sarsgaard

Canada's Ryan Reynolds shines dimly as the Green Lantern, the summer actioner of the same name based on the DC Comic and directed by Martin Campbell.

Reynolds is Hal Jordan, a cocky test pilot who busts up billion-dollar prototypes just for the hell of it. Oh, and to impress Carol Ferris (Blake Lively) who plays a corporate scold, frustrated pilot and Jordan's occasional bedmate.

The buffed-up Reynolds proves to be an inspired hire. His Jordan manages to keep a straight face when he meets a dying purple alien who hands him a Crackerjack toy ring and advises: "The ring chose you."

For what? The slim story involves digital green Spandex and a tour of the outer cosmos, where Jordan confers with a gaggle of emerald-obsessed interplanetary cops who call themselves the Green Lantern Corps. They're ruled by the Guardians, one of whom has gone rogue and turned into a planet-eating smoke entity called Parallax. Jordan will have to fight Parallax to save Earth. Were you expecting anything less?

Reynolds shows promise in the role, if future installments of what's sure to be a franchise are able to scrape away some of the digital green goo that threatens to drown this film — which seems more Saturday morning cartoon than Friday night date — and deliver a more satisfying story. That will be hard to do with a series as loopy as this one.

Extras, mostly on the Blu-ray, include additional scenes, "Maximum Movie Mode," extended cut and making-off featurettes.

PETER HOWELL

Bad Teacher

Genre: Comedy
Director: Jake Kasdan
Stars: Cameron Diaz, Jason Segel, Justin Timberlake

Bad Teacher instructs us that Cameron Diaz needs to return to comedy school: being pitiful isn't the same as being funny.

She plays Elizabeth, a seventh-grade English teacher at a suburban Illinois middle school. She's a free-spending floozy with a substance-abuse problem, untreated chronic depression and a near-sociopathic disregard for the needs and feelings of others, especially her students and fellow teachers.

Lack of suitability for her job doesn't matter much to Elizabeth; she plans to ditch it anyway, and marry her rich fiancé (Nat Faxon).

Writers Gene Stupnitsky and Lee Eisenberg (vets of TV's The Office) surround Elizabeth with one-dimensional sitcom types: a butt-covering principal (John Michael Higgins), an introvert with esteem issues (Lynn Davies), an extrovert with control issues (a game Lucy Punch) and a naïve supply teacher (Justin Timberlake, a former Diaz beau) who is as dim as a small appliance bulb.

Despite the extra talent, the main comedic course load falls to Diaz, who proves unable to bear the burden under Jake Kasdan's flat direction.

It's too bad for Diaz. She badly needed a hit after recent duds like The Green Hornet and Knight and Day.

Extras include deleted scenes, featurettes and unrated version of film (Blu-ray only).

PETER HOWELL

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‘We’re terrified of facing ourselves’

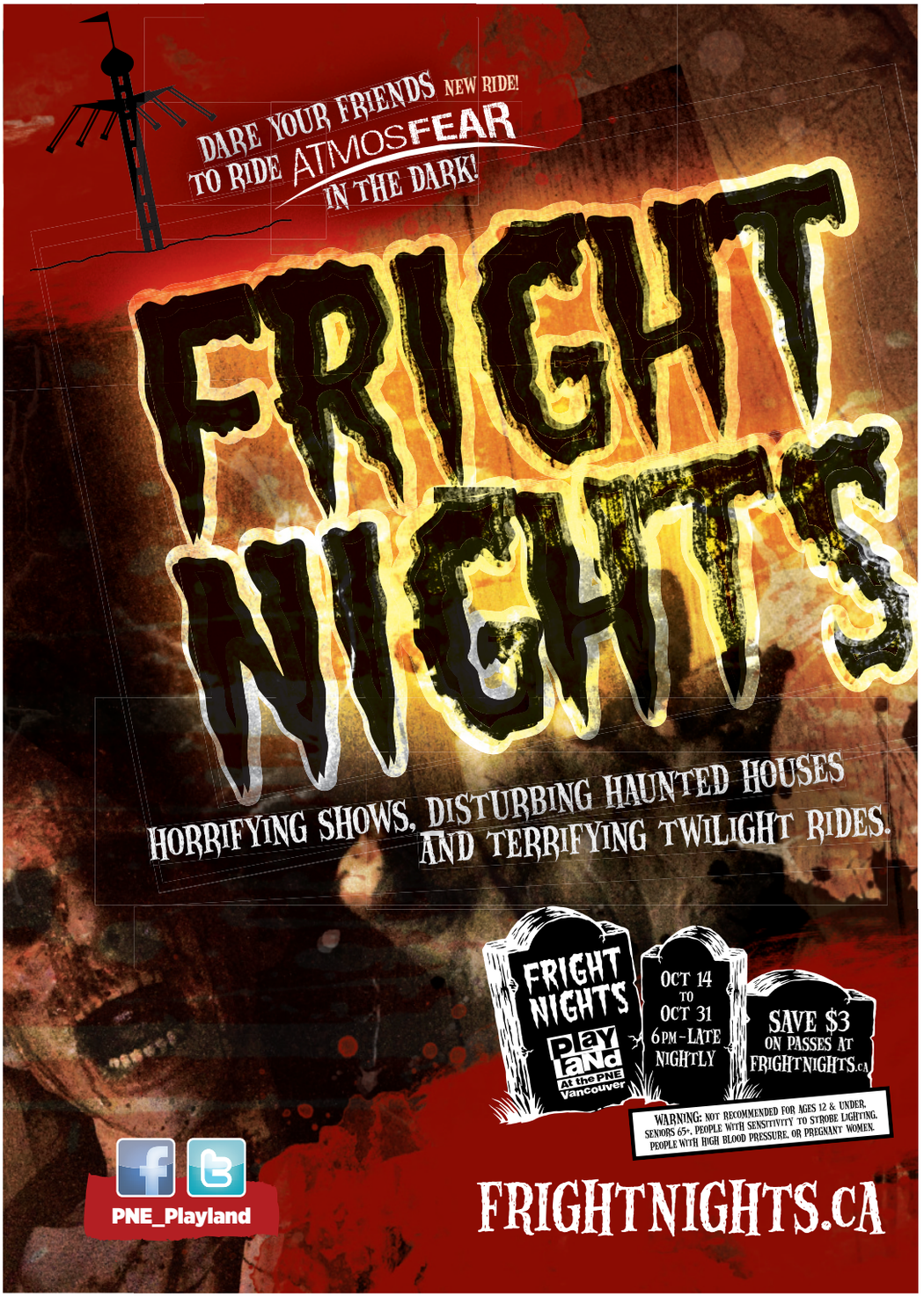
Star Trek actor Zachary Quinto reveals sexuality Hopes to inspire others to be proud of who they are

For the first time, Zachary Quinto has opened up about being gay, explaining in an interview with New York magazine how much starring in the AIDS-themed Angels in America has affected him, calling it the “most challenging thing I’ve ever done as an actor, and the most rewarding.

At the same time, as a gay man, it made me feel like there’s still so much work to be done, and there’s still so many things that need to be looked at and addressed.”

Quinto, who had previously refrained from comment on his sexuality, says he was compelled to after the suicide of bullied 14-year-old Jamie Rodemeyer.

“As a gay man, I look at that and say there’s a hopelessness that surrounds it,” he says. “But as a human being I look at it and say, ‘Why? Where’s this disparity coming from, and why can’t we as a culture and society dig deeper to examine that?’ We’re terrified of facing ourselves.” METRO



Celebrity tweets

@ZacharyQuinto

“i have spent the day in awe of this outpouring of support and resonance. we. are. in. this. together. NEVER FORGET! i am deeply moved. ”

@JerrySeinfeld

“Wolf Blitzer beard. Grow it in. Shave it off. I don’t care. Just do something. Can’t take it anymore.”

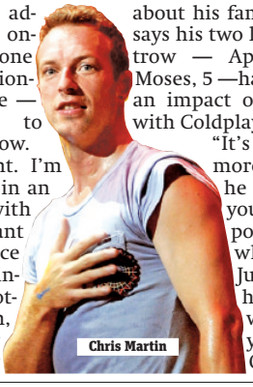
@AlecBaldwin

“Sitting in a restaurant with @hilariathomas and some VERY drunk people are railing against progressive politics. Madre Mia!!!!!”

@GarryShandling

“I like Herman Cain because if elected you get another president for half-price.”

Rocker says he ‘won lottery’ with Gwyneth



Chris Martin admits that he’s only really had one serious relationship in his life — his marriage to Gwyneth Paltrow.

“That’s right. I’m in it,” he says in an interview with CBS. “It’s a giant leap. Let’s face it, it’s like winning the lottery.” Martin, who rarely speaks openly about his family life, also says his two kids with Paltrow — Apple, 7, and Moses, 5 —have had quite an impact on his career with Coldplay.

“It’s made it more focused,” he says. “And you have a purpose. I like what it does. Just the idea of having to work hard so your kids are OK.” METRO

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LEARNING CURVE

GEORGE DOYLE/STOCKBYTE/THINKSTOCK

Fraser Valley offers new design option

SAM SMITH
FOR METRO

Those interested in pursuing a career in the popular field of graphic design will soon have a new educational option in the Fraser Valley.

The District of Mission and the University of the Fraser Valley (UFV) have partnered to relaunch a Graphic and Digital Design diploma program at UFV's Mission campus.

The two-year, 60-credit program is set to begin in September 2012, and will provide students with the skills needed to thrive in the diverse field of graphic and digital design. It will also give students pursuing a bachelor of fine arts more minor course options to use towards their degree.

The program is returning to UFV after almost 10 years, and will benefit from $500,000 courtesy of the District of Mission. The money will be used for start-up funding, renovations, required equipment, and marketing and student recruitment.

Enrolment rises at Douglas College

Despite the uncertain economy, student enrolment numbers at Douglas College are on the rise.

In fact, Douglas has seen a 12 per cent increase since 2009, and this year it hit an all-time high with a little more than 10,700 students enrolled.

Douglas, which has campuses in New Westminster and Coquitlam, has seen a 17 per cent jump in international students, bringing its total to approximately 1,000 this year. It has also seen a spike in part-time studies with an eight per cent increase over last year.

According to Dave Taylor, director of marketing at Douglas, programs in the health-care field such as nursing, animal health technology and dispensing optician are popular these days, as are early childhood education and child and youth care.

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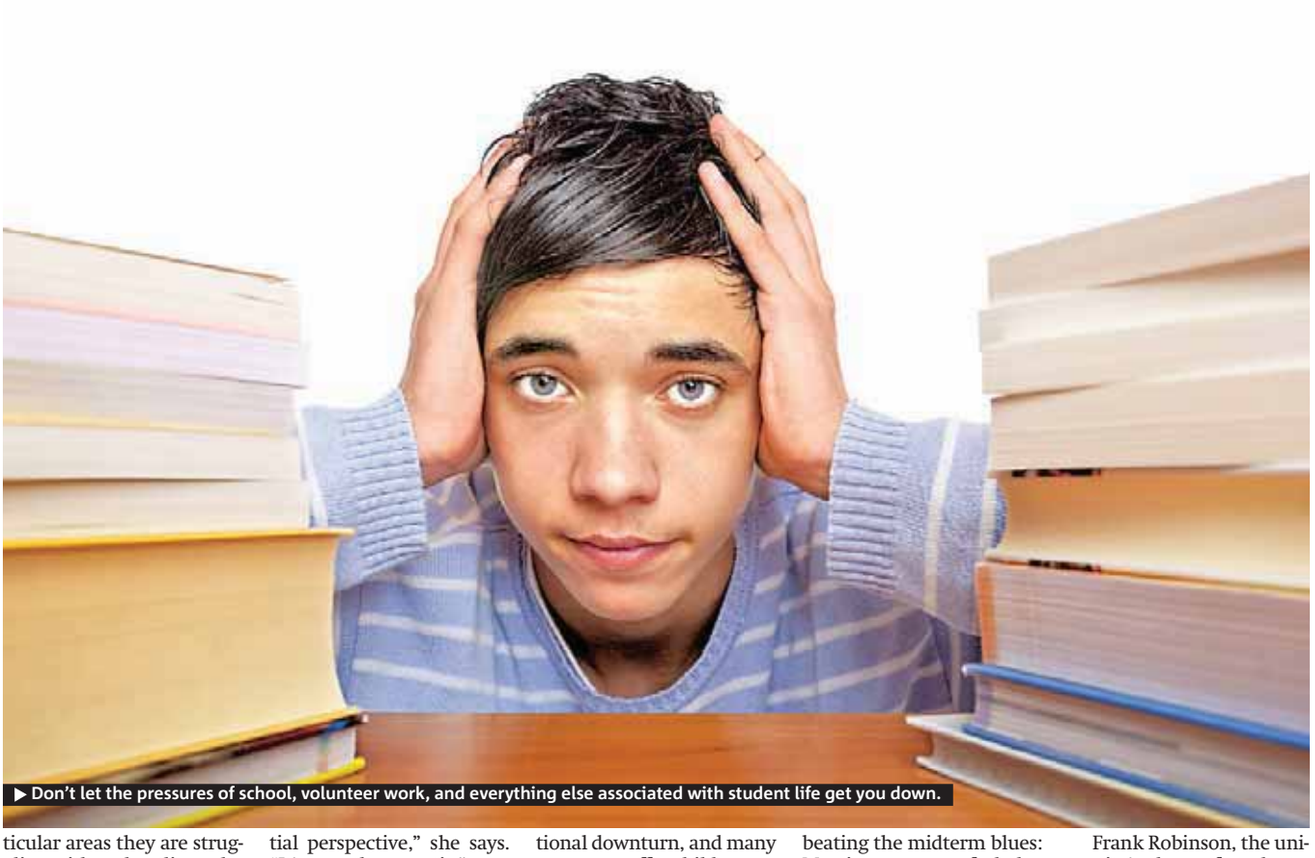
Find ways to dodge the fall funk

Myriad services available on campus to help students battle midterm blues **One school used game of dodge ball**

JON TATTRIE
FOR METRO

HEMERA/THINKSTOCK



▶ Don't let the pressures of school, volunteer work, and everything else associated with student life get you down.

After the rush of frosh week fades and the excitement of a new year on campus turns into the funk of fall, many students lose momentum. But there are ways to beat the midterm blues.

Lana Hastings, vice-president of student services at the University of Winnipeg, says first-year students are especially prone to midterm blues as the pressures of studies, school, volunteer work and even independent living sink in.

"It's not only hard to juggle everything, but it's very hard to keep up your own mental health, physical health and hygiene at the same time. Usually, one thing drops," she says.

A good first step back into the game is to check out the myriad services you are already paying for with your tuition.

"There is a lot of support on campus that can help them through this," Hastings says. "One obvious example is counselling and career services."

The free drop-in service connects students with peers and professionals to help talk through any particular areas they are struggling with and outline solutions.

"It's a great way to have an objective and confidential perspective," she says. "It's very therapeutic."

Financial aid and food banks are available if that's what's causing your emotional downturn, and many campuses offer childcare to ease that burden.

Another big factor in the fall slump is the sense you have been working for ages and the end is not in sight.

Instructors and students can combat this with a thorough review of what has been taught so far and having an open conversation to gather students' opinions about the material covered.

Find out what students are struggling with so the classes can be tailored to address existing weaknesses, rather than going over what is already understood.

The University of Alberta has a radical approach to beating the midterm blues: Massive games of dodge ball. To tackle the slump in February, 2,012 students, staff and alumni faced off with 1,006 balls in the world's largest match.

Frank Robinson, the university's dean of students, said aside from getting into the Guinness World Records, the event also took minds off studies and another long winter.

Don't let yourself get SAD

The Canadian Mental Health Association says the fall blues affect everyone, but the shortened days lead to seasonal affective disorder (SAD) in some. "SAD can be a debilitating condition, preventing sufferers from functioning normally," it says. People with mild symptoms should spend more time outdoors or sitting near sunny windows. In severe cases where it leads to thoughts about suicide, the affected should seek professional guidance. There are therapies and medications that can help. ● JON TATTRIE

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Junior culinary team enjoys taste of success

SAM SMITH
FOR METRO

Junior Culinary Team Canada — a group of current and former Vancouver Community College (VCC) chefs — recently received a generous contribution of $30,000 from Sodexo Canada.

The donation comes as the team prepares for the 2012 Junior Culinary Olympics in Erfurt, Germany.

The junior culinary team has enjoyed a recent string of success, having prepared a meal for Prince William and Kate during their trip to Canada earlier this year.

The team also won three awards at an international cooking competition in Dublin, Ireland, called Catex Chef Ireland Salon in February.

The team, which won the right to represent Canada at the 2010 Canadian Culinary Federation Convention, hopes to continue its success when it travels to the Junior Culinary Olympics next October.

Simon Fraser named Top 100 employer

When one thinks about Simon Fraser University (SFU), it is usually related to pursuing a post-secondary education. However, SFU has proven it can also be an excellent place to work.

For the fifth consecutive year, SFU was named to Mediacorp's list of Canada's Top 100 Employers.

Medicorp receives 12,500 entries each year from across Canada and compiles the Top 100 list based on eight qualities: Physical workplace; work and social atmosphere; health, financial and family benefits; vacation and time off; employee communications; performance management; training and skills development; and community involvement.

For more information and to see the entire Mediacorp list, go to canadastop100.com/national/

HEMERA/THINKSTOCK

Capilano to host business convention

Capilano University (Cap U) will be the host of a cutting-edge business convention in early November. "TedxCapu" will take place Nov. 5 in the North Shore Credit Union Centre for the Performing Arts at Cap U's North Vancouver campus.

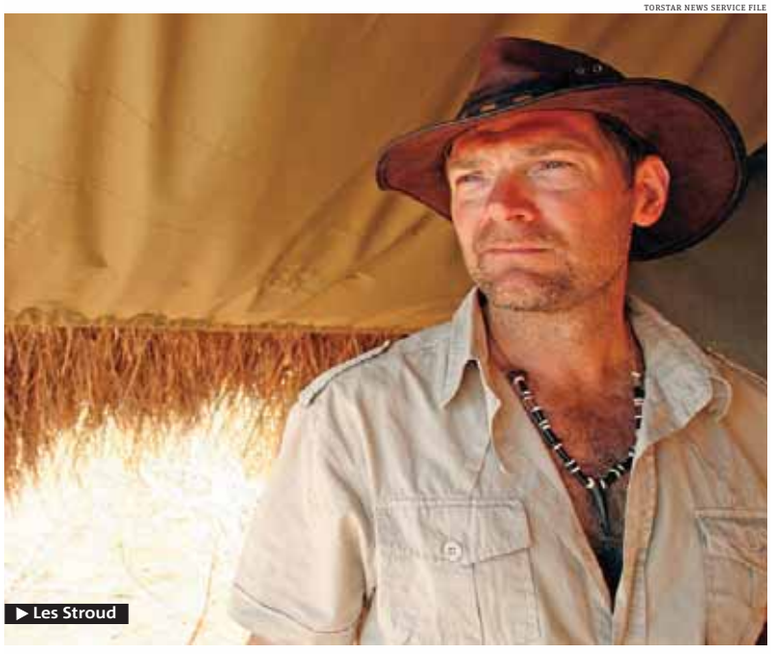
The event is focused on the ever-changing technology, expectations, and demographics in the world of business. It will feature many local entrepreneurs, business leaders and industry experts, as well as nine speakers, two Cap U jazz groups and two community musical groups.

Tickets went on sale in early October and only 100 were available, however, people are encouraged to stream the event for free at ted.com.

Volunteers are also needed. For more information, see tedxcapu.com.

VCC INFO NIGHT OCTOBER 19

TORSTAR NEWS SERVICE FILE



▶ Les Stroud

How to turn your dream into reality

When Les Stroud was a young boy, he would play outside of his family cottage in northern Ontario, building shelters and pretending to sleep in the wilderness.

Though he always went home at night, a seed of a dream was born.

"I had no idea that I was forging the basis of who I was going to be, almost identically, 30 years later," says Stroud, better known as Survivorman.

Decades later, with a wildly successful television show that has taken him to all corners of the world, Stroud says the fact that he never let go of his passion helped him realize his dream.

"I didn't want to be a TV star; I didn't want to be rich. I wanted to do what I do and touch people in a positive way," he says. "I really wanted to travel, I really wanted adventure."

Stroud, like 73 per cent of Canadians, did not have a mentor, but believes that having someone to guide him would have made a world of difference. As such, Stroud is perfectly poised to serve as a mentor in the American Express Room for Thought program, an initiative that will see three big ideas turned into action next month.

Emily Haines, lead singer of Metric, and Marc and Craig Kielburger, the founders of Free the Children, are also involved.

"In order to overcome feeling overwhelmed, concentrate on the goal you're looking to meet today as opposed to one that could be a year or two away."

If you are also yearning to turn your dream into reality, consider these five tips to get you started:

1 Set goals — and keep them front and centre: A big dream is unlikely to be something you can do in a day. You don't decide to climb Mount Everest and then fly to Nepal tomorrow. The easy way to ground your dream in reality? Put it in ink. Write down what you want to accomplish (and possibly when) and put it in a place you look daily. That way you will never forget what you are working toward.

2 It's simple: Start! Woody Allen may have put it best when he said "80 per cent of success is showing up." A daring dream may seem daunting at first, especially when you are unsure of what steps to take right away. But if you concentrate on a simple first step, you will be on your way. Want to start a community garden? Take a quick walk and scout for a piece of land. Do you dream of backpacking across Africa? Call a travel agent and find out what you will need.

3 Zero in on the task at hand: There are probably a few steps along the way to realizing your dream. In order to overcome feeling overwhelmed, concentrate on the goal you're looking to meet today as opposed to one that could be a year or two away.

4 Don't forget the future: This may seem counterintuitive to the last piece of advice, but ultimately remembering the end goal will help you stay on track. That's why writing down your dream was tip No. 1: It serves as a daily touchstone to remind you want you want out of life.

5 Dream big, then BIGGER: Fear is a lot of what holds people back in life — whether it's making a career change, indulging in a frivolous passion or taking a once-in-a-lifetime trip. Let go of that and allow your dreams to grow. Hit one goal? Aim higher with the next. Rome wasn't built in a day; your big dream won't be either. **NEWS CANADA**

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VCC INFO NIGHT OCTOBER 19

NEWS CANADA PHOTO

▶ Paul Rosen

Success stories despite reading challenges

Learning to read can be difficult, especially if you are an adult who has spent more than a decade in the spotlight trying to keep your literacy challenge a secret. For Paul Rosen, paralympic gold medallist and goalie for Team Canada's sledge hockey team, this was reality.

It wasn't until Rosen was in his mid-40s that he acknowledged his trouble with reading and told himself he needed to do something about it.

"My ultimate turning point was back in 2005 when I was asked to give out two awards at the Ontario games," he explains. "I couldn't read the teleprompter and I had to memorize a script. I was embarrassed. I realized then that I had a serious problem."

Five years later, at age 50 and through much encouragement from his daughters, Rosen finally believed in himself enough to do something about his literacy skills. He found help through Grade Learning, an Ontario-based education and training organization. Through hard work, dedication and support from his family, he went from a Grade 6 reading level to a university reading level in just one year.

The challenge of building better reading skills as an adult can go unnoticed by many of us that take literacy for granted.

But for Lesra Martin, a lawyer based in Kamloops, it is all but familiar.

"Growing up, I didn't realize I couldn't read or write properly," he says. "I read to my younger siblings all the time, but it wasn't until I was 15 that I realized I wasn't reading at all. What I was doing was scanning the page of a book to identify words I could recognize, and then I would create an elaborate story around the words that I could identify."

"To me, the key to my wonderful promising life, to my beautiful marriage, to my lovely children, even the key to the home that I own, the car that I drive and the office door that I open — all of this is a result of how my reading skills have improved and changed the quality of my life."
LESRA MARTIN

At the age of 15, generous strangers offered him the opportunity to leave Brooklyn, N.Y., for Canada to get an education. Martin accepted, and within two years of working with a tutor he went from less than a Grade 2 reading level to a Grade 13 level.

Martin continued to law school and eventually became a lawyer, working on the case of legendary boxer Rubin (Hurricane) Carter, who was wrongfully convicted of murder.

Martin and Rosen are two of ABC Life Literacy Canada's life literacy ambassadors. As adults who learned to read at later stages in life, they joined the national not-for-profit organization to encourage other adult Canadians that struggle with reading, writing and math to take the next step and make a change in their life.

Literacy affects many aspects of our lives, including income levels, employment opportunities, health, confidence and civic engagement. Approximately nine million adult Canadians face literacy challenges, prohibiting them from living a fully engaged life.

"Improving my reading has given me so much confidence," says Rosen. "If I can do it, anyone can do it. Just take a chance, give yourself the opportunity to do it and believe you can do it."

Canadians that want to take the next step and improve their literacy skills can do so through the LEARN initiative. By looking in the Yellow Pages under the word 'Learn' or visiting LookUnderLearn.ca, adults can find a free local literacy program anywhere in Canada.

"To me, the key to my wonderful promising life, to my beautiful marriage, to my lovely children, even the key to the home that I own, the car that I drive and the office door that I open — all of this is a result of how my reading skills have improved and changed the quality of my life," says Martin.

NEWS CANADA

VCC INFO NIGHT
TOMORROW 4 PM to 6 PM VCC's BROADWAY CAMPUS

Do more with your student dollars

Students are always looking for ways to do more with their student dollars.

Many of the costs related to being a student can be claimed when it comes time to file your income tax return; so it is important to keep track of receipts, tuition invoices and tax forms issued by educational institutions.

Here are five ways for students to do more with their student dollars:

1 Textbook tax credit — There is a non-refundable "textbook tax credit" of 15 per cent of $65 to cover each month the student is eligible to receive the full-time education tax credit and 15 per cent of $20 for each month they are eligible for a part-time education tax credit.

2 Scholarships, fellowships and bursary income — All scholarship, fellowship or bursary income with respect to post-secondary education or occupational training in a program that entitles the student to claim the education tax credit, are fully exempt from taxation.

3 Unused tuition, education and textbook credits — Unused tuition, education and textbook credits may be carried forward indefinitely to offset the income of students in future years. Alternatively, students may transfer unused federal tax credits of up to $5,000, reduced by their income in excess of personal credits, to a supporting person — such as a parent or grandparent. However, the transferred credits must be claimed in the year they were incurred.

4 Canadian students studying abroad — Students who are attending an accredited institution outside Canada — generally this will translate to a university-level course of at least 13 consecutive weeks duration leading to a degree — are eligible to transfer their unused credits, provided they owe Canadian income tax. However, students who reside in Canada near the U.S. border who are registered in (and commute to) a designated educational institution in the U.S. might be able to claim or transfer a tuition credit for a course of any duration.

5 GST rebates — Many lower–income earners, including students, may be eligible for a GST credit. If so, don't forget to apply for the GST rebate on the tax return.

NEWS CANADA

ISTOCKPHOTO/THINKSTOCK

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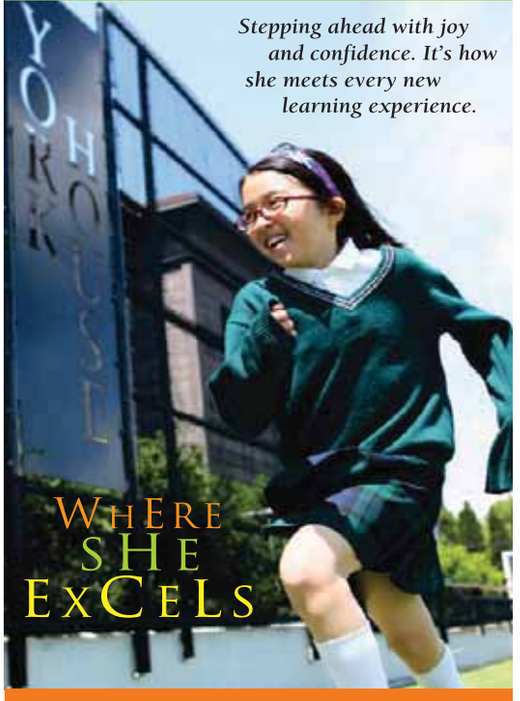


Discover the unique York House learning experience during our November Open House events. Please register at: www.yorkhouse.ca/openhouse

Kwantlen students help family in need

Horticulture students from Kwantlen Polytechnic University's Langley campus started the new school year with a rewarding project. Fifteen students partnered with Cornerstone Church in a home makeover project for a Maple Ridge family in need.

The family, who lost their father to a tragic workplace accident, was dealing with a home and yard in need of some major upgrades and repairs. The home makeover project allowed them to vacate their home for 10 days while Cornerstone renovated the house and the Kwantlen students restored the landscaping.

The finished project was unveiled to the grateful family at the end of September.

This is the fifth straight year that Kwantlen has partnered with Cornerstone for a home makeover project. More information can be found at kwantlen.bc.ca.

Aboriginal elders share experiences at SFU

Thanks to a new program at Simon Fraser University (SFU), students and staff will now have the chance to gain some knowledge and wisdom from Aboriginal elders.

The new program was put together by SFU's Office for Aboriginal Peoples (OAP). It is designed so the elders will be able to assist students and faculty to deal with the pressures of everyday life by sharing their experiences and insight.

The program will run Thursdays from 11 a.m. to 1 p.m. for students, and from 1-2 p.m. for staff and faculty.

The elders will be available at both SFU's Burnaby and Surrey campuses with Margaret George (Tsleil-Waututh Nation) and Jim White (Heiltsuk Nation) at the Burnaby campus, and Evelyn Locker (Blackfoot Nation) in Surrey.

For more, see sfu.ca.

UBC launches alumni campaign

The University of British Columbia (UBC) recently launched an exciting new campaign involving alumni fundraising and engagement.

The campaign, dubbed "start an evolution," is the largest fundraising operation in Canadian university history. The UBC Alumni Association hopes to raise $1.5 billion and to double its alumni participation numbers by 2015.

UBC is well on its way to achieving both goals, as it has already raised $760 million in recent years, and has increased the alumni involvement by more than 50 per cent over the past three years.

For more, go to startanevolution.ca.

ISTOCKPHOTO/THINKSTOCK

BCIT students 'unplug for Africa'

SAM SMITH
FOR METRO

JUPITERIMAGES/COMSTOCK/THINKSTOCK

With the state that technology is in today, it can be hard not to be glued to smartphones, computers and tablets for the better part of the day. Well, imagine going five days without any social media or text messaging. That's exactly what students at the British Columbia Institute of Technology (BCIT) are doing.

Starting yesterday, many BCIT students are abstaining from the use of social media until Friday to raise money for Red Cross relief efforts in Africa.

"Unplug for Africa" requires those involved to pledge a minimum of $20 and refrain from text messaging, the use of Facebook, Twitter, LinkedIn, Flickr and YouTube during the five-day period.

For their troubles, participating students will gain free access to a keynote presentation by Daniel Sieberg, a technology reporter and broadcaster for ABC, BBC and MSNBC.

To learn more, go to unplugforafrica.com.

Langara to partner with three schools

Langara College recently announced three separate memorandums of understanding (MOU) with post-secondary intuitions in India, Australia and England. INSCOL Academy (India), Griffith University (Australia) and the University of Sussex (England) have each partnered with Langara. The agreements between the institutions allow students from the Vancouver-based school to transfer and study abroad and vice versa.

The MOU with INSCOL offers a Post Graduate Certificate in Nursing Leadership and Management for International Nurses and is the first of its kind in Western Canada.

The partnership with Griffith University allows graduates of Langara to travel Down Under to pursue associated bachelor's and master's degrees at the Australian school.

Finally, the new deal with the University of Sussex permits Langara students who have completed 60 credits of university-transferable courses in arts, science, or business to work towards a degree in law at the U of Sussex.

For more info, visit langara.bc.ca

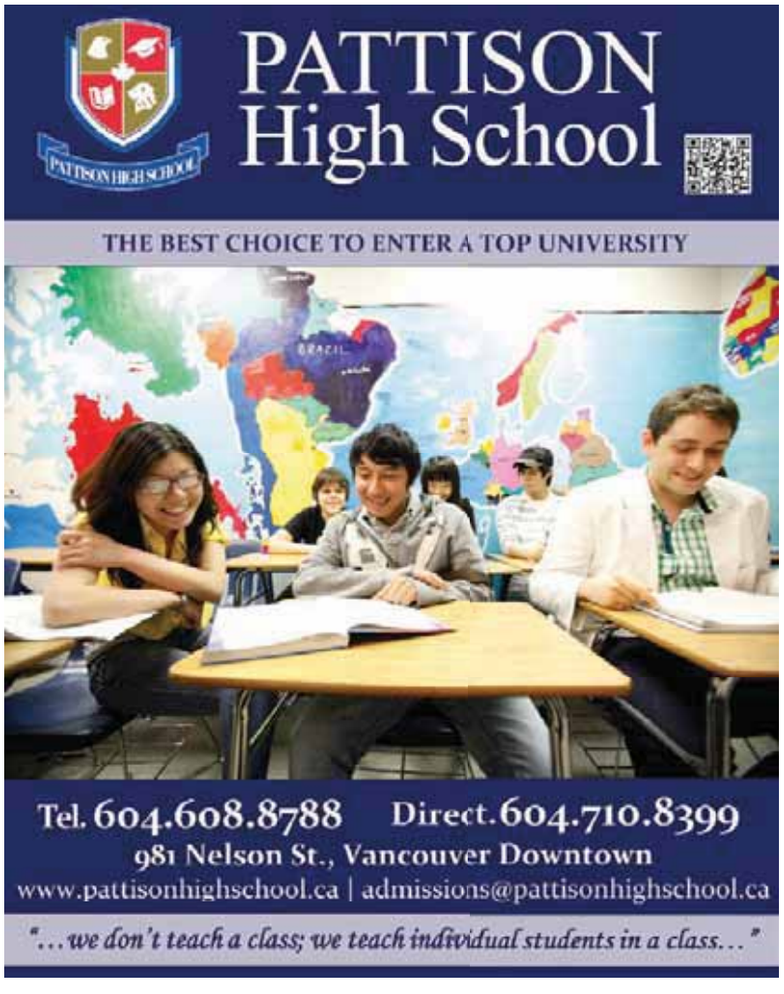
UBC earns top-25 ranking

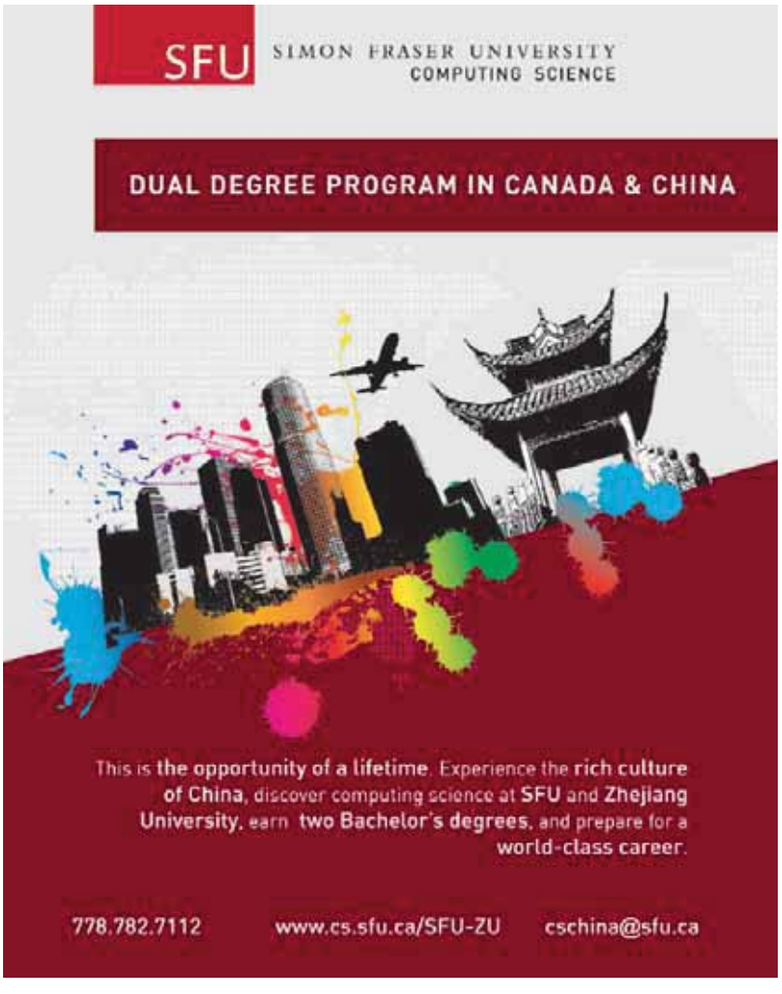
According to the recently released 2011-12 Times Higher Education World University Rankings (THEWUR), the University of British Columbia (UBC) is the 22nd ranked post-secondary institution in the world.

The (THEWUR) ranks the world's top 400 post-secondary institutions on 13 criteria, including teaching, international outlook, industry income, research, and citations. UBC jumped eight spots from 30th in last year's rankings, and is the second highest rated school in Canada behind the University of Toronto, which was ranked 19th.

The only other Canadian schools to crack the top 100 were McGill University (28), McMaster University (65) and the University of Alberta (100).

Last year's top-ranked institution, Harvard, was dethroned this year by the California Institute of Technology.





Let your interests guide you

In her third year of university, Jennifer Caron decided to chuck math for psychology because she loved people so much more than numbers.

Today, as a career counsellor at the University of Western Ontario, she happily advises students about the academic choices they are making.

"I often share with students my story so they don't feel bad," says Caron. "It's not that uncommon for students not to know what they want to do."

> **"Interest is a good predictor of career satisfaction. If you follow what you're interested in, you're more likely to stick with it."**
> DANICA HEIDEBRECHT, EDUCATIONAL COUNSELLOR

Research shows that up to 80 per cent of students aren't sure of what they want to major in as they enter college or university, and at least 50 per cent will change streams at least once, maybe more.

If you are thinking about changing majors you need to do some self-exploration, say academic experts. Aptitude tests, career fairs, info sessions and informational interviews with industry leaders are all valuable tools that can help you find the right fit.

Look to your interests, skills, values and personality when deciding what to study. Hard as it may be, try not to be influenced by peers, past teachers and family. Instead, let your passions drive your choice.

"Interest is a good predictor of career satisfaction," says Danica Heidebrecht, an educational counsellor with SAIT Polytechnic in Calgary. "If you follow what you're interested in, you're more likely to stick with it."

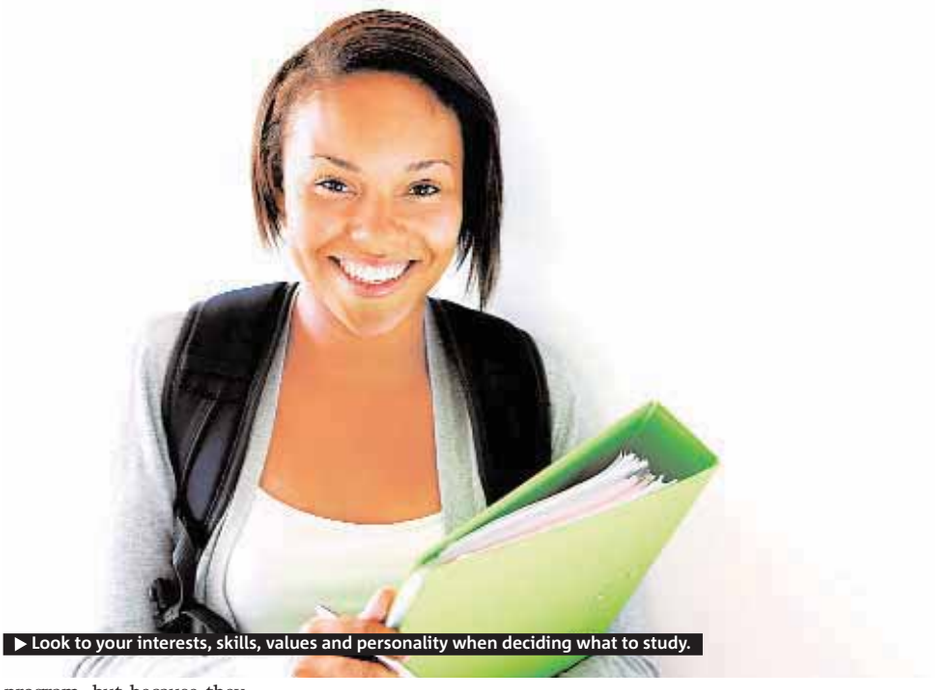
If you're thinking of changing majors, try to make room in your schedule next term so you can take a course in your new area of interest, recommends Quenta Adams, academic adviser at Dalhousie University. That way, you are leaving your options open.

Re-evaluating majors may have more to do with students having difficulty conceptualizing where their current studies will lead. If you are studying nursing chances are you will become a nurse, but if you are in history or biology, it's less obvious.

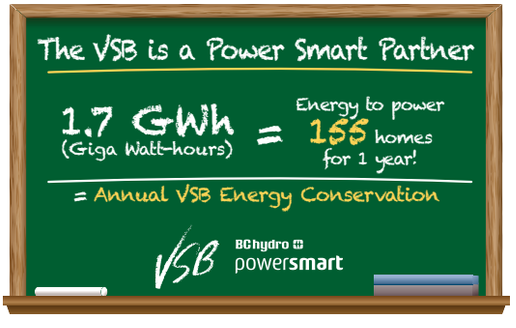
"It's not always that they're not enjoying the program, but because they don't see where it's going to lead and that's quite common," says Adams. "Part of my job is trying to get students to recognize the value of their program."

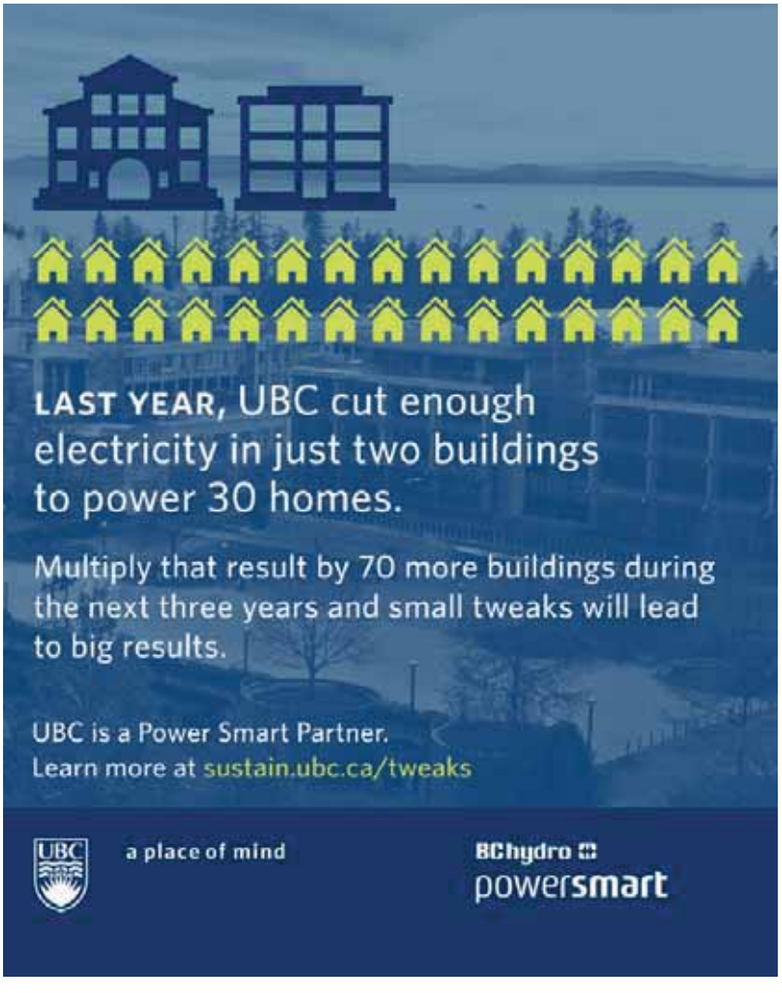
Caron suggests students learn to recognize that their degree doesn't always dictate where they will end up, noting that only 20 per cent of jobs in Canada require specific educational requirements.

ISTOCKPHOTO/THINKSTOCK



▶ Look to your interests, skills, values and personality when deciding what to study.





DESIGN PICS/STOCK FOUNDRY/VALUELINE/THINKSTOCK

Studying habits

It takes time and effort to prepare for your exams

JON TATTRIE
FOR METRO

Many students get the midterm blues because they are overwhelmed by the looming midterm exams.

Jackie Stewart, a chemistry instructor at the University of British Columbia, says the first problem she encounters is students who "can't" learn a subject like chemistry. "They need to have the right attitude and think they can learn the material," she says.

If you struggled in a subject previously, you will find it difficult in the future — but you will find it harder if you approach with defeat in your eyes.

Next up is the cognitive aspect — how you think about the material. Stewart advises learning what the criteria are for the test or assignment. Check out the class's learning objectives or sample exams and focus on that material. If that isn't available, just ask the instructor if you are studying the correct material.

"I see far too many students just reading over their notes or textbooks and thinking, 'I'm ready because I read all of this stuff,' and they weren't actually practising on the same kinds of tests that they're going to be given on the exam," she says.

Connect the new material to what you already know via "concept maps" that brainstorm how, say, electro felicity relates to nuclear felicity. Summarize the info and then write down everything you know related to the key concept. The process takes you to understanding from remembering.

"Summarize the info and then write down everything you know related to the key concept. The process takes you to understanding from remembering."

The last big step is knowing what you know. "All people are really bad at this," Stewart says.

Learning should be plowing into new territory, so you should feel challenged as you study.

Lana Hastings, vice-president of student services at the University of Winnipeg, says its Take Five program urges students to take breaks to avoid burning out.

For the material itself, Hastings advises seeking help. Student associations often offer free tutoring with senior students. Health plans often provide a few hundred dollars worth of external tutoring.

For solo studying, pair up with a study buddy.

"You can't really press the snooze button when you know someone is going to be waiting for you," she says.

Managing time

Heather Graham, student academic adviser at Mount Saint Vincent University, says going to university from high school requires developing strong time management skills. "In high school, they're not on their own," she says, because teachers and parents play a bigger support role. At university, you're largely on your own. "We offer a lot of these (time management) sessions for students and they procrastinate and don't go," she says. Sign up today.

Discover learning at any age

Learning happens in many ways and at any age. Renewing your education at any stage of life is a great way to promote lifelong learning.

Four in 10 adult Canadians, between the ages of 16 to 65 and representing nine million Canadians, struggle with low literacy. Adult literacy initiatives such as LEARN help connect people to free literacy programs. Individuals look under the word 'Learn' in the Yellow Pages or visit LookUnderLearn.ca to find a free learning centre in their community. Since 1994, thousands of adults across Canada have used LEARN to take that initial step.

Adults are sometimes hesitant to increase their literacy skills by going back to school or enrolling at a community-based learning centre. These feelings, though understandable, should not hold you back. A higher literacy level not only improves your chances of employment and promotion, but it also builds confidence and self-esteem. Promoting literacy activities in the home prepares your child for a positive learning journey in their own right as well. **NEWS CANADA**

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The value of mentorship: How to get started

Starting something new — whether it's a job or taking the first step towards fulfilling a lifelong goal — can be daunting. Having a mentor to help guide you along the way can help to smooth the road ahead.

Consider these four tips to help you get started:

- Don't worry about formalities: If you know someone you think you can help, take the initiative and ask them to be your mentor. This person could be a co-worker, a friend, or even someone trusted that you engage with over social media.
- Use all available networks: Your mentor will never have all the answers, so consider who else you know who might be able to contribute mentorship and help you realize your potential. For example, if you want to work abroad, consider connecting with a friend or contact who has successfully done the same thing.
- Challenge yourself: The end goal of mentorship is to help you personally grow. Work with a mentor who encourages you to learn new skills and offers opportunities to help you do something that you might not otherwise experience.
- Pay it forward: Once you establish a mentor relationship, look for opportunities to be a mentor yourself. Offering mentorship to others is often as valuable as receiving mentorship.

NEWS CANADA

ISTOCK PHOTOS

▶ Before you take on barefoot running, be sure to ease into it.

Benefits of barefoot

Running sans shoes has been catching on more in fitness circles ◐ But there are questions about why it could be good for you ◐ Experts suggest easing into a new style to avoid injury

CELIA MILNE
LIFE@METRONEWS.CA

Is barefoot beautiful?

It's becoming more common to see people running with bare feet or wearing super-light shoes.

But should you toe the line?

To find out if this is a more "natural" way to run, Metro contacted Dr. Reed Ferber (PhD), director of the Running Injury Clinic and an associate professor in kinesiology at the University of Calgary.

He believes at the moment the trend is driven more by marketing than health.

"There is no research to support that running barefoot, or in a minimalist shoe, will improve performance or reduce injury risk," he says.

Given time, research might reveal benefits. Dr. Dan Lieberman in the department of human evolutionary biology at Harvard University is studying how the naked foot lands during running versus how the shod foot lands, and what impact this has on the body.

He is trying to figure out why humans apparently need fancy shoes to run when they ran without them for eons.

One theory is that some people don't need elevated and highly cushioned heels because they land on their mid-foot or forefoot rather than their heel.

Dr. Ferber estimates that less than 10 per cent of the population has the proper anatomical alignment, adequate ankle stabilizer strength, and calf muscle flexibility to run in a barefoot-style shoe.

"The rest are at risk for injury unless they transition properly," he says.

If you are interested in switching to barefoot running, Dr. Ferber recommends easing into it over four to six weeks and taking a few months to regain your pre-switch mileage.

It's also important to do gentle calf raises after running to strengthen calves, which will be impacted differently when you run barefoot.

Best Health Minute

BONNIE MUNDAY, EDITOR-IN-CHIEF, BEST HEALTH MAGAZINE

The truth about parabens

When you see 'Paraben free' on a beauty product's label, you might assume that parabens are a bad thing.

But it's not as clear cut as that, and it's a subject that our beauty editor Rhonda Rovan explores in the October issue of Best Health.

For example, is there truth to the claims that these synthetic preservatives — which extend a product's life by stopping fungus, bacteria and other microbes from growing in creams and makeup, especially in the moist, warm environment of a bathroom — cause cancer?

What does Health Canada say?

In products without parabens as a preservative, the replacement is often another chemical preservative, called phenoxyethanol.

Is it better and safer?

And what about natural preservatives like turmeric, clove bud, rosemary, etc; are they effective, and are they a practical solution?

It's a fascinating subject, because without preservatives, we may all end up with refrigerators in our bathrooms that store our products so they don't spoil.

The answers to the above questions, and much more, are in Rhonda's hefty feature in the Look Great section of the October issue, which is on newsstands now.

TO CLAIM YOUR FREE ISSUE OF BEST HEALTH, GO TO BESTHEALTHMAG.CA/ METRONEWS

3 life

New study shows

Ten per cent of women worry more about their waistline than they do about their relationship. The survey revealed that these women admitted they felt guiltier cheating on their diet on their partner.

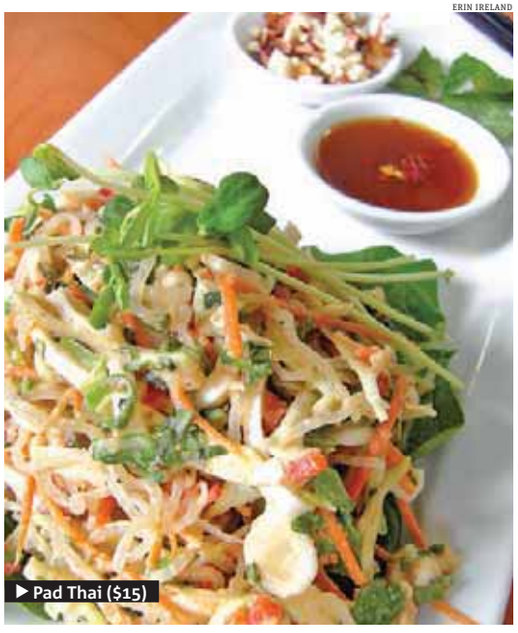
METRO

UK medical group rejects 1st drug to extend lives for patients with advanced skin cancer

Forget your notions of vegan

OrganicLives is much more than a restaurant – it's actually changing how people think about food ◆ Try vegan versions of Pad Thai and pizza

ERIN IRELAND



Pad Thai ($15)

LUNCH RUSH

ERIN IRELAND
FOOD@METRONEWS.CA

Have you ever noticed that relationships with food are similar to those we share with each other? To thrive, they must both be appreciated, respected and researched.

Preet Marwaha, founder of OrganicLives, shares this belief. When I mentioned that October is Vegetarian Awareness month, he wasn't aware. And why would he be when his daily routine includes a 100 per cent vegan diet?

OrganicLives' purpose is to show the variety of dishes that can be made with soy-free, corn-free, grain-free, and gluten-free foods.

Would you believe that pizza and pad Thai are on the menu and that they're actually...edible!? If fact, they're better than edible. The latter was my choice and it has me excited to try everything on the menu.

Sprinkled with citrus chili sauce and Amazonian jungle peanuts, the heaping mess of fresh young Thai coconut meat and chilled kelp noodles was delicious. Wash it down with a Creamsicle Smoothie ($7), and you're ethically nourished.

OrganicLives
1829 Quebec St.
778-588-7777
organiclives.ca
Social lunch: Yes
Price range: $7 - $15
Rating: 4.5 out of 5

Chokladboll (Scandinavian treat)

Preparation:

1. In bowl of food processor, pulse oats, sugar and cocoa powder to combine. Add vanilla and butter and pulse again, to mix. Add coffee and pulse until mix has come together. Remove blade and give mix a stir. Refrigerate for 1 hour.
2. Place coconut in a shallow dish, such as a pie tin. Roll chocolate-oat mixture into 3-cm (1 1/4-inch) balls, then roll each in the coconut. Refrigerate in an airtight container.

THE ASSOCIATED PRESS/ ALISON LADMAN

Ingredients:

- 875 ml (3 1/2 cups) quick oats
- 250 ml (1 cup) sugar
- 125 ml (1/2 cup) cocoa powder
- 5 ml (1 tsp) vanilla
- 150 ml (10 tbsp) butter, room temperature
- 125 ml (1/2 cup) cold coffee
- Shredded coconut

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Cereal: The key to great meat loaf

MATTHEW MEAD/ THE ASSOCIATED PRESS

This meat loaf serves four.

Preparation:

1. Heat oven to 190 C (375 F).
2. In food processor, place mushrooms, pulse until finely chopped. Scrape into mixing bowl. Add kamut and broth to processor, process until kamut coarsely crushed.
3. To bowl of mushrooms, add crushed kamut and broth, egg white, garlic, 30 ml (2 tbsp) of the ketchup, salt and pepper. Stir until well mixed. Add ground beef and ground turkey, then use your hands to mix well.
4. Spread meat mixture evenly in a non-stick loaf pan. Spread remaining 30 ml (2 tbsp) of ketchup evenly over top.
5. Bake for 30 minutes or until meat loaf reaches 74 C (165 F). Remove from oven and pour off excess liquid from pan, using a spatula to hold meat loaf in pan while pouring. Let stand for 5 minutes. Slice into 4 servings. THE ASSOCIATED PRESS/ ROCCO DISPIRITO

Ingredients:

- 175 g (6 oz) cremini mushrooms
- 250 ml (1 cup) puffed kamut cereal
- 75 ml (1/3 cup) fat-free, reduced-sodium chicken broth
- 1 egg white, lightly beaten
- 1 clove garlic, minced
- 60 ml (4 tbsp) low-sugar ketchup, divided
- 1 ml (1/4 tsp) salt
- 0.5 ml (1/8 tsp) ground black pepper
- 250 g (8 oz) lean ground beef
- 125 g (4 oz) fat-free ground turkey breast

HOW TO DEAL WITH INAPPROPRIATE CHATTER

CHARLES THE BUTLER

ASKCHARLES THEBUTLER@ METRONEWS.CA

FOR MORE, VISIT CHARLES MACPHERSON.COM

What do I do in situations where, in a social group, somebody starts to say something totally inappropriate for the situation and I need to interrupt the speech, and talk about something more neutral. Or somebody asks questions I do not wish to answer. In both cases I need to be very polite but do not know what to do or say. Please help. Elizabeth

ISTOCK

▶ If someone continues to say things that make you uncomfortable, it's a good idea to speak directly to that person. That's a better option than staying silent.

Dear Elizabeth,

It can be very uncomfortable when you are with a group of people and someone begins to say or ask inappropriate topics of conversation.

First, try to draw as little attention to the matter as possible. I would say nothing and as soon as the person is finished talking, I would immediately go back to the conversation at hand.

If this person continues to say things publicly that make you uncomfortable, your best bet is to speak with this person privately and mention that these questions they ask make you uncomfortable and could they please respect your privacy and not ask such things.

HAVE A QUESTION? EMAIL CHARLES AT ASKCHARLESTHEBUTLER@METRONEWS.CA.

Money can't buy you love

Materialism in spouses hard on marriage, study says

It seems that being a material girl — or guy — can be hard on a marriage, especially if both spouses place a high value on money and accumulating possessions, research suggests.

In a study by Brigham Young University, researchers found that materialism in a spouse was associated with lower levels of responsiveness to the partner, less emotional maturity, poor communication and higher levels of conflict.

The study, published Thursday in the Journal of Couple & Relationship Therapy, also found that love of money in one or both spouses led to reduced satisfaction in the relationship and threatened the marriage's stability.

"We did find that materialism is harmful to marriage and that the effect of it seems to be widespread," lead author Jason Carroll, a professor of family life at Brigham Young in Provo, Utah, said in an interview. "This is more of an erosion pattern, rather than a landfall pattern."

"If we prioritize relationships and keep them at the top of our focus, that really helps us from getting sucked into the materialistic messages in the culture and helps us get to where true happiness will be found."
PROFESSOR JASON CARROLL

Carroll said couples in which both spouses reported not caring about money — about 14 per cent of the group — scored 10 to 15 per cent higher on marriage stability and other measures of relationship quality than did couples where one or both are materialistic.

The effect was particularly pronounced when both the husband and wife worshipped at the altar of consumerism, as was the case in about 20 per cent of participants.

"Couples where both spouses are materialistic were worse off on nearly every measure we looked at," he said.

The study involved 1,734 married couples across the United States. Each spouse filled out a questionnaire, which included a self-report on how much he or she values "having money and lots of things."

THE CANADIAN PRESS

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WHAT'S THE BOTTOM LINE ON MORTGAGE BROKERS?

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA

There are over 400 types of mortgage products on the market and it's hard to know whether you're selecting the right one. That's why Canadians are using independent mortgage brokers at an alarming rate because mortgage brokers can save you time and money!

An independent mortgage broker isn't tied to any financial institution and instead works on behalf of you, the client, rather than the lender. Because they are not employees of a lending institution, mortgage brokers are not limited in the product they can offer you.

They can seek out the best mortgage options to suit your specific situation, from a multitude of lenders — banks, trusts, private companies, or insurance firms. Their primary role is to provide unbiased mortgage options and advice to clients.

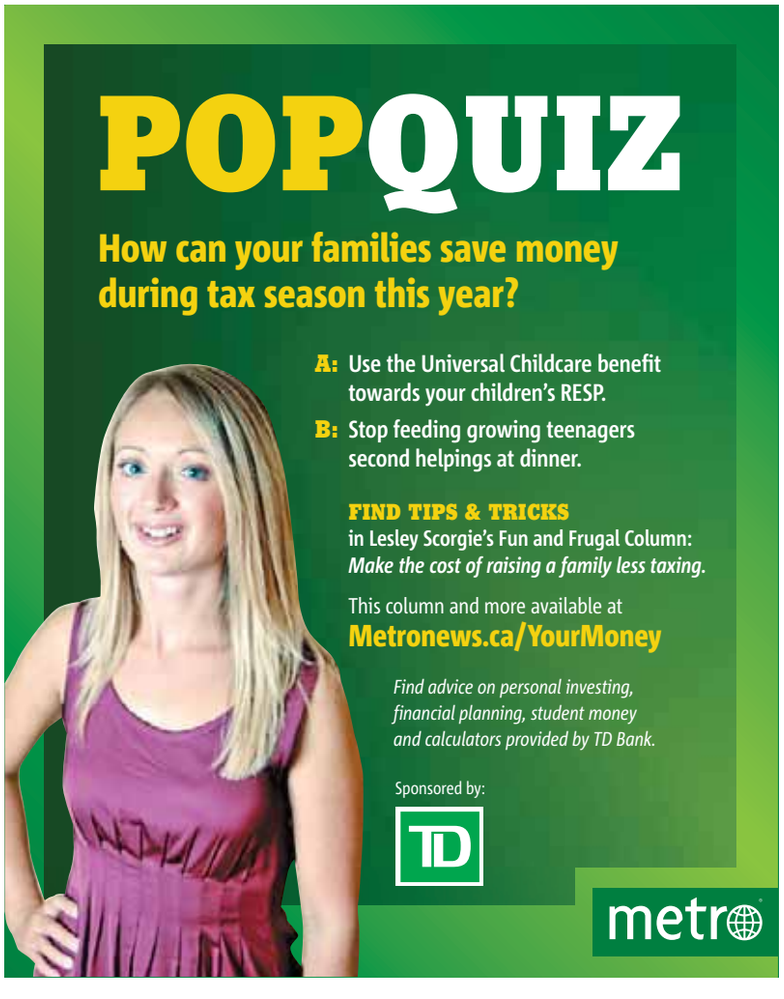
Mortgage brokers can get better deals on mortgages, terms and rates because they have direct access to lenders. Once you've met with one, they'll prepare a funding proposal and shop it around to get the best and most appropriate mortgage options.

Brokers with strong networks can often get nearly instant approvals and they can negotiate better rates and terms on your behalf.

In the vast majority of cases, clients don't have to pay for the services of a mortgage broker. Instead, when the broker matches a lender with a buyer and a mortgage is placed, the broker is paid by the lender. Their paycheque is based on the size of the mortgage, not the rate.

Major financial institutions have groups of in-house "mortgage brokers". But they're different from independent brokers as they sell clients mortgage products that are exclusive to the bank. If you're keen to stay loyal to your bank, you can ask your independent mortgage broker to negotiate specifically with your financial institution.

Be careful who you choose to work with. Not all brokers are great and have their client's best interests in mind. Get referrals from trusted friends or family members. Research current rates and structures in advance of meeting with a broker. That way you'll have some idea of what you're hoping to achieve and can clearly communicate it.



Learn how to be a money-smart mama

Whether you're single or partnered, you need a plan in case you get ill The right insurance can protect you

ISTOCK

Financial preparedness is essential for mothers.

Among the 2,115 Canadians who participated in the 2011 Desjardins Financial Security Health Survey, 67 per cent said that an illness would make them financially vulnerable.

Another 77 per cent who live with children were afraid that they would use up their savings during recovery, leaving no money for their children's education.

The survey also pointed out that women fear the potentially devastating effects of cancer more than any other serious illness.

"What's interesting is that women today are able to assert their independence by their lifestyle and career choices, but many still find financial planning to be very stressful," said Janey Leslie, a certified financial planner with Desjardins Financial Security.

"Statistically, women live longer than men, they play a key role in family care-giving and decision-making, but they are often in a more vulnerable financial position. So, it's essential that women become better prepared financially in case of an emergency, like a serious illness."

Every working mother with dependants should have a financial safety plan that includes three distinct layers, says Leslie.

1. Disability insurance: It's a valuable, must-have protection that pays a regular benefit based on the person's monthly salary, which can be used to cover everyday financial commitments.

2. Extended medical insurance: Even with the protection of disability insurance, many women are not able to pay for all of the drugs and treatments associated with a serious illness.

And it's important to point out that they also may not be covered by their provincial health care system.

An extended medical insurance plan is an excellent protection against these high costs.

3. Critical illness insurance: It's often the missing piece of the puzzle, but luckily it's a product that's growing in popularity.

In fact, sales of critical illness insurance in Canada have doubled in the past 10 years.

It provides a substantial lump-sum payment tax-free, which can be used for anything.

For example, even the minimum benefit of $25,000 would allow someone to make a year's worth of mortgage payments or travel outside the country to seek the best medical care available.

Imagine what $100,000 or $250,000 would allow them to do?

NEWS CANADA

77%
Percentage of people surveyed who feared they would use up their savings during recovery from an illness, leaving no money for their children's education.

"Statistically, women live longer than men, they play a key role in family care-giving and decision-making, but they are often in a more vulnerable financial position. So, it's essential that women become better prepared financially in case of an emergency, like a serious illness."

JANEY LESLIE, CERTIFIED FINANCIAL PLANNER WITH DESJARDINS FINANCIAL SECURITY

REWARD YOURSELF

PATRICK SOJKA OFFERS HIS TOP 10 TIPS ON HOW TO MAKE YOUR LOYALTY AND REWARDS CARDS WORK FOR YOU

There's a reason customer loyalty and rewards cards have multiplied over the past 30 years in Canada. When companies can bank on repeat customers, they're able to offer incentives. In turn, customers keep coming back for the deals. It's a mutually beneficial partnership.

Top travel rewards expert Patrick Sojka is founder and CEO of RewardsCanada.ca, which offers a wealth of information about rewards programs in Canada including news, articles, reward program information and bonus offers for Canadians and worldwide visitors.

According to Sojka there are 10 top qualities you should look for in a loyalty and rewards card to ensure it's the best fit for you.

EASE OF EARNING How long does it take you to earn points with this card considering the items and services you regularly buy?

EASE OF REDEMPTION Will the plan make it easy for you figure out how many points you have and how to redeem them?

HOW FAST WILL YOU RACK UP MILES/POINTS? Make sure you're earning rewards from the things you buy most.

EARNING PARTNERS The more places you can use your rewards card, the easier it is to earn.

NUMBER OF REDEMPTION PARTNERS AND OFFERS More means a greater pool of reward choices.

MAKE SURE THE PROGRAM HAS REWARDS THAT YOU CAN USE Many rewards programs are very flexible and offer a choice of discounts or freebies on merchandise, travel, or donations to charity. Many programs are now also offering financial rewards where customers get cash back.

SEE IF THE PROGRAM HAS A CO-BRANDED CREDIT CARD TIED INTO IT SO THAT YOU CAN EARN EVEN MORE This technique is called double dipping. E.g. When you make a purchase on your CIBC Petro Points credit card you can also swipe your Petro Points Card, so that on a single purchase you're earning points from both cards.

DO THE PROGRAM'S RULES FIT YOUR EARNING AND BURNING GOALS? Check the point expiry dates, time limited rewards offers and other limited-time offers within the program to make sure it matches your personal timeline.

DOES THE PROGRAM COMMUNICATE WITH ITS MEMBERS WELL? It's often good to stay in the loop on special promotions and short-term deals.

WHAT OTHER BENEFITS DOES THE PROGRAM GIVE YOU OUTSIDE OF REWARDS? Look for added bonuses from a plan, such as insurance and elite travel benefits.

Find out more about travel rewards at RewardsCanada.ca.

HOW DO YOU KNOW IF A REWARD PROGRAM IS RIGHT FOR YOU?

The whole purpose of having a rewards card is that it suits your needs, so examine those carefully. A program is right for you if it provides you with the type of rewards you like to receive without making you go out of your way to get them, said Sojka. While it takes time to learn about every program and what it takes to earn points, a program that matches your spending and travel habits will make earning points easier than one that doesn't.

CONVENIENCE

Many companies are now making it easier for their customers to use their products. Examples include the Mastercard PayPass and the Visa Wave, but other new innovations in convenience are on the horizon. Patrick Sojka said he forsees loyalty programs moving towards a cardless system whereby users only have to provide a piece of information like a password for the merchant to access your account. Another direction Sojka said he sees reward cards going is towards a mobile based card like Cineplex's Scene program, which puts the user's card number and associated bar code right on his or her smart phone.

BY THE NUMBERS

• 84 per cent of Canadians state that they would travel more if they could use points to do so. *(American Express Starwood Study, June 2010)*

• 91 per cent of Canadians are making use of their loyalty programs. *(Air Miles and American Express Holiday Rewards Survey, Dec 2010)*

• 80 per cent of women belong to more than one loyalty program compared to only 69 per cent of men. *(Air Miles Survey, March 2011)*

• AIR MILES has more than 10 million members and Aeroplan counts more than 5 million members.

POINTERS

AILEEN TORCUATOR, VANCOUVER

What's the best thing you ever got with your rewards points/card? What I like best are the rebates. It's fast.

How often do you redeem your points? I'm bad. I have tons and tons of points but I still haven't redeemed them. That's why I think the cash rebates are the best for me because they just come automatically. It comes in the mail, I just deposit it into my account and I don't have anything to worry about.

Do you buy things just to collect points? I don't really redeem them so I'm not motivated by those promos.

FARBOD ETEMADI, VANCOUVER

What's the best thing you ever got with your rewards points/card? I myself haven't had one, but my grandma goes to Shoppers Drug Mart, and for her it's like playing the Lotto 6/49 — getting these points and then being able to come back and redeem and being able to purchase things. ... When she shops, her points eventually become worth $150 and she goes on a shopping spree of $150, which makes her feel like a millionaire.

Does she ever buy things just to collect points? You know, I have to be honest — sometimes I think she does. ... She plays for the points, even though she's a frugal shopper. I think it's human nature.

BARBARA DERBY, VANCOUVER

What's the best thing you ever got with your rewards points/card? A flight to Europe — that's the best one.

How often do you redeem your points? As often as I can, but they don't accumulate quickly enough.

Do you buy things just to collect points? Not really, no.

Why? Do you think it's silly? I think so, because you probably overspend or buy stuff you don't really want to buy.

JIMMY LING, VANCOUVER

What's the best thing you ever got with your rewards points/card? A gas card, like Esso's. You know, the ones you spend at a gas station. Twenty five bucks, things like that.

How often do you redeem your points? About once a year.

Do you buy things just to collect points? No.

HOW TO EARN THE BEST REWARDS FOR YOU

Rewards and loyalty cards can present a tricky conundrum. They can often help customers get uncommonly good deals on items they would normally buy, thus saving lots of money. But when used indiscriminately just to earn points, loyalty programs can leave you with purchases you might not need and haven't budgeted for.

Patrick Sojka offered tips for making sure you get the most out of your rewards cards. The crux of the matter is that the best reward for one person may not be the best for the next person, he said. "It all comes down to how much you earn in your loyalty program. A frequent traveller and high credit card spender could best use their points on First Class or Business class tickets to an international destination, while a student who is just starting out in the world of loyalty programs may best use their points on grocery gift cards to keep costs down."

It's all about creating a budget and pinpointing your needs, then using the rewards cards to work within that. As long as you spend/earn points on purchases that fit your lifestyle, rewards cards will work for you, especially since there are now so many options that individuals can find deals on almost anything they need.

It's also important for cardholders to make sure they use their miles, points and other rewards before they expire. There are a number of ways to keep track of your programs. A simple spreadsheet on your computer will do, said Sojka. There you can update your point balances and track your last activity dates and dates of expiry. Some free third-party services also offer online rewards tracking, which can be useful because it makes many of the important calculations for you. For the best coverage of Canadian programs, Sojka recommends Awardwallet.com.

Minimum redemption is 20,000 PC points (worth $20 in free rewards) and in increments of 10,000 PC points thereafter, at participating stores where President's Choice products are sold. PC points are not redeemable against the purchase of tobacco, lottery tickets, alcohol, prescription medication, milk in Quebec, or any products or services prohibited by law or as determined from time to time. * When you receive your President's Choice Financial MasterCard, you will also receive four welcome coupons, each worth 5,000 PC points. Redeem with any purchase at the checkout in participating stores where President's Choice products are sold, using your President's Choice Financial® MasterCard®. Allow 6 – 8 weeks for PC points on coupon to be added to your account. See coupons for full details. Coupons have no cash value. ® PC, President's Choice, PC Financial and President's Choice Financial are registered trademarks of Loblaws Inc. Trademarks used under licence. ®,™ MasterCard and the MasterCard Brand Mark are registered trademarks and PayPass is a trademark of MasterCard International Incorporated. President's Choice Bank is a licensee of the marks. All other trademarks are property of Loblaws Inc. President's Choice Financial MasterCard is provided by President's Choice Bank. PC points program is provided by President's Choice Services Inc.

PRESIDENT'S CHOICE FINANCIAL® MASTERCARD® = FREE FOOD FAST

For Canadians interested in earning FREE FOOD FAST, it pays to be a President's Choice Financial® MasterCard® customer.

With Metro readers citing food as the number one loyalty & rewards redemption item*, it should come as no surprise that President's Choice Financial MasterCard customers have earned more than three quarters of a billion dollars in free groceries and other rewards through the PC® points program.

*(*Source: Metro Life Panel, Metro Toronto, Wednesday April 17, 2011)*

YES, IT'S REALLY THAT SIMPLE!

NEW PC FINANCIAL® MASTERCARD CUSTOMERS CAN GET A JUMP START ON EARNING FREE REWARDS WITH A GREAT START-UP OFFER

Upon approval, new customers will receive four coupons worth 5,000 PC points each, redeemable with any purchase on the card at Loblaw Companies Limited stores (such as Real Canadian Superstore, No Frills, Loblaws and Extra Foods) – that's $20 in FREE FOOD FAST!

Right from the start, customers also earn ten PC points for every dollar spent on all purchases wherever they use their PC Financial MasterCard.

PC points members can redeem a minimum of 20,000 points at a time (equivalent to $20) or higher amounts in further increments of 10,000 points (equivalent to a further $10).

By redeeming at the point of purchase in-store where President's Choice® products are sold, customers can easily take advantage of great rewards from a Canadian retailer they know and trust.

ADDITIONAL BENEFITS FOR PC FINANCIAL® MASTERCARD CUSTOMERS

That's not all - the benefits of being a PC Financial MasterCard customer don't end there!

PC Financial MasterCard is constantly looking for ways to reward its customers. Through special coupons, online offers via the PC points Facebook fan page **facebook.com/pcpoints** and special limited time events that see shoppers earn ten or twenty times the PC points on purchases in selected stores, this is more than just another credit card!

REWARDING CUSTOMER LOYALTY

With more than 2,000 PC points 'Millionaires' at any given time, PC Financial MasterCard has found a way to reward its most loyal customers.

The President's Choice Financial MasterCard with Extra PC Rewards is an exclusive program that offers users double the PC points at participating stores where PC products are sold.

PC Financial MasterCard customers of more than a year are periodically evaluated for eligibility. Spending levels and frequency of use are among the factors used to determine which customers will be offered the PC MasterCard with Extra PC Rewards.

Yet another reason to use your PC Financial MasterCard whenever you shop!

SAVING CANADIANS TIME AND MONEY WITH TECHNOLOGY

The President's Choice Financial MasterCard doesn't just help Canadians earn FREE FOOD FAST, it also helps save them time! By simply tapping their PC Financial MasterCard at the point of sale where there is a PayPass® reader, customers have a quick and simple shopping experience, making life just that much easier.

As an early adopter of this technology, there are approximately one million PayPass transactions each year by PC Financial MasterCard customers. More than 15,000 retail locations across Canada now accept PayPass, including Loblaw Companies Limited store locations.

YOUR PARTNER IN BUSINESS

STOCKBYTE/THINKSTOCK

BMO CONSIDERS BOTH PERSONAL AND PROFESSIONAL LIVES

You don't just run a small business — you live it.

For too long, banks have treated small business owners as though their personal and professional lives were separate. But one happens to impact the other. And that's why BMO considers both before offering you banking solutions.

Here's one example of how we do it.

JAMES: I run a business as an electrician. Things were OK when I started out, but then the recession hit. All of a sudden, my customers couldn't make their payments on time.

I started working longer hours, which hurt my family. I began to realize how much balance my wife and children brought to my life — the less I saw them, the worse my situation felt.

Business kept going south. I considered relaxing my repayment terms (giving customers 60 or 90 days to pay me back, instead of 30), but that wouldn't have solved my cash-flow problem. So I started looking for new customers in a down market.

The more hours I spent doing that, the fewer I spent at home.

I needed help.

JOE COLLURA, BMO SMALL BUSINESS AREA MANAGER: I remember James. We had a long conversation.

He did most of the talking. He told me about his business and how much it meant to him.

He explained the solutions he'd tried, which weren't working.

When he'd finished, I asked him how all this affected him personally. James was surprised by that. I explained to him that at BMO, we look for solutions that solve problems at home, as well as on the job. They aren't really separate.

That got him talking a lot more. And it gave me an idea.

James had never before operated on credit. He never thought to ask for it. So I convinced him to fund his business through a Small Business Line of Credit. This allowed him to meet his financial obligations and cover any temporary shortfalls of cash. It also made his hours more predictable, letting him get home to his family in good time. Six months later, his business had turned around.

CELEBRATE SMALL BUSINESS WEEK

BMO is celebrating Small Business Week 2011, and you're invited to the party. This week, more than 400 participating BMO branches will be hosting their own Biz Cafés: Local events across the country to thank small business owners (like you) for their achievements. It's an opportunity to celebrate with the experts who can help owners grow their business.

BMO Biz Cafés will be popping up across Canada.

To find the one nearest you, visit bmo.com/smallbizweek.

CONNECT WITH PEOPLE IN THE KNOW THROUGH BMO

As a small business owner, you're part of a community. But it's bigger than the neighbourhood you live and work in. There's also a whole online world — where business people like you can meet, network and exchange ideas with experts in a range of fields. That is, if you can find them.

BMO aims to put you in touch. The new BMO SmartSteps for Business Online Community is your chance to connect with people in the know on subjects that matter to you. Comment on their daily blog posts, even if you disagree; engage them in dialogue through BMO.

Of course, you probably have a large network of contacts already. So grow it further by engaging your fellow entrepreneurs online in this eCommunity. Instantly share the posts you like best by clicking icons for Facebook, Twitter, RSS feeds and email in the top right corner of each page. Continue to discuss and debate in the comments section of each post. Read the latest feedback on Twitter by following @BMOsmb.

ISTOCKPHOTO/THINKSTOCK

The eCommunity is there when you need it most. Download Business Coach Podcasts and listen to them in your free time. Review older blog entries, archived and searchable under topics like Daily Operations, Marketing, and Managing Cash. If you're unsure of where to begin (or if you're just really busy), focus on the posts your fellow entrepreneurs have found most useful — you are encouraged to rate posts from one to five stars. The website also lists the most-read posts right on the main page. In this way, eCommunity members help one another.

Joining the BMO SmartSteps for Business Online Community doesn't just get you great resources — it makes you a great resource yourself. Visit bmo.com/smartbusinessowners today to get connected.

KEEP YOUR FINANCES ON TRACK

Everyone needs a checkup once in awhile. The same is true for your small business. With the BMO SmartSteps for Business online assessment tool, you've got an easy way to keep your finances on track.

The assessment tool guides you through a series of questions that can be completed in minutes. When you are done, it provides you with a free, customized Action Plan, filled with valuable tips on how to save time and money — and maximize profits — for your small business.

Visit bmo.com/business and try it out today.

In business, success starts with a solid foundation.

Let us assess your business and provide solutions that can save you time and money to innovate and grow.

Sign up for a commercial banking solution[1] and receive one of the following:

- $100 credit from Google AdWords®‡,[2]
- 20 GB of storage space free for one year with SecureVault™※,[3]

Speak with a BMO® representative today, or visit **bmo.com/business**

BMO® Bank of Montreal

Making money make sense®

[1]Promotion runs from September 1, 2011 – December 31, 2011. Applicable when customer uses the BMO SmartSteps® for Business assessment tool and signs up for any solution recommended on their Action Plan. [2]Services referred to herein are provided by Google Inc. Receive a $100 credit when you open a Google AdWords account. Offer valid for new customers only. Once coupon credit expires, regular Google AdWords fees and terms and conditions apply if you wish to continue using the service. Coupon not redeemable for cash. Detailed terms and conditions visible here: http://www.google.com/ads/adwords_couponsterms. [3]Services referred to herein are provided by D+H Limited Partnership. D+H Limited Partnership is not a member of BMO Financial Group. Conditions and restrictions may apply. Please contact D+H Limited Partnership for more details. ®Registered trade-marks of Bank of Montreal. All other trade-marks are the property of their respective owners. ®‡Registered trade-mark of Google Inc. Bank of Montreal is an authorized user. ™※Registered trade-marks of D+H Limited Partnership. Bank of Montreal is an authorized user of the trade-marks.

4 sports

NFL. Monday Night Football

▶ Santonio Holmes of the New York Jets scores a touchdown in the fourth quarter against Kevin Burnett of the Miami Dolphins.

NICK LAHAM/GETTY IMAGES

Jets pull out of tailspin against winless Dolphins

Darrelle Revis ran back an interception 100 yards for a touchdown and the New York Jets did just enough to beat the Miami Dolphins 24-6 last night and end a three-game losing streak.
Mark Sanchez threw a touchdown pass to Santonio Holmes and ran for another score as Rex Ryan's Jets — who called this a "must-win" game — capped a tough week by pulling out a victory and sending the winless Dolphins to their fifth straight loss. THE ASSOCIATED PRESS

Quoted

"We weren't very happy with the results, and we certainly knew that we were a better team than we showed."

TEXAS MANAGER RON WASHINGTON, WHOSE RANGERS ARE HEADING INTO THEIR SECOND-STRAIGHT WORLD SERIES IN GAME 1 VERSUS THE ST. LOUIS CARDINALS TOMORROW NIGHT.
LAST YEAR, TEXAS WAS WIPED OUT BY THE SAN FRANCISCO GIANTS IN FIVE GAMES IN THE RANGERS' FIRST-EVER WORLD SERIES APPEARANCE.

Kesler says he's ready to go

Canucks forward expects to make debut against Rangers following hip surgery in July

The Vancouver Canucks are ready to insert their Selke Trophy winner back in the lineup.

Ryan Kesler pronounced himself fit for tonight's game against the New York Rangers after participating in practice yesterday. He sat out the first five games of the season following hip surgery over the summer.

"He came to see me this morning, said he was 100 per cent ready to go," said Canucks coach Alain Vigneault. "He assured me that the injury was behind him, we weren't going to see him limping and we weren't going to see (any) pain faces.

"I expect big things from myself and obviously I want my minutes, but I have to earn them."
RYAN KESLER

"The only thing, obviously since he didn't have a training camp, on the ice it's going to take a little bit of time. But his injury is fine and he's ready to go."

Kesler suffered the injury during Game 5 of the Western Conference final in the spring. He played through pain during the Stanley Cup final but was forced to have surgery in July.

The 27-year-old missed 10 weeks with a similar injury in 2007, but still found this layoff frustrating. He's been practising for two weeks and joined his teammates during their recent four-game road trip.

During yesterday's practice, Kesler skated in his normal position on the second line between Chris Higgins and Cody Hodgson. He's also expected to rejoin the team's top power-play unit with Henrik and Daniel Sedin.

"I talked with our trainer and coach and I told them I don't want to limp into the lineup," said Kesler.

Kesler and Higgins played together on the same line during the playoffs after Mikael Samuelsson went down with a sports hernia injury. Kesler expects them to have chemistry as a result.
THE CANADIAN PRESS

Crash survivors

Two IndyCar drivers were released from a Las Vegas hospital yesterday after overnight treatment for injuries suffered in the fiery crash that killed Dan Wheldon.

▶ IndyCar spokeswoman Amy Konrath says Pippa Mann had surgery for a burn to her right pinkie finger and will require a second surgery in two to three weeks and JR Hildebrand has a severely bruised sternum.

Fans honour Wheldon in Indy

SCOTT OLSON/GETTY IMAGES

▶ A racing fan leaves a tribute to Dan Wheldon at the Indianapolis Motor Speedway yesterday.

Dan Wheldon's biggest fans wanted one more chance to thank their favourite driver yesterday.

They turned Indianapolis Motor Speedway's main gate into a memorial for the two-time Indianapolis 500 winner, who was killed Sunday in a fiery crash in Las Vegas. Less than 24 hours later, the iron bars at IMS were decorated with flowers, notes of condolence, checkered flags, American and British flags and even half-gallon milk jugs, symbolic of the traditional victory drink at Indy.

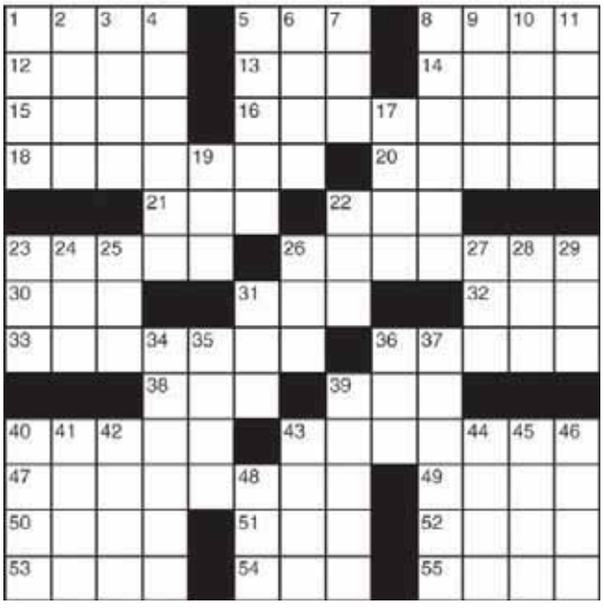
"I wouldn't run them on ovals. There's just no need to."
FIVE-TIME NASCAR CHAMPION JIMMIE JOHNSON, WHO CALLED ON INDYCAR TO STOP RACING ON OVALS IN THE WAKE OF DAN WHELDON'S DEATH. JOHNSON BELIEVES THE INDYCARS ARE BUILT FOR STREET CIRCUITS AND ROAD COURSES, AND DRIVE TOO FAST TO RACE ON OVALS.

It was Indy where the 33-year-old Wheldon had his greatest successes and the most devoted fanbase outside his native England.

He won the Indianapolis 500 driving for Michael Andretti's team in 2005 and won it again in May for Bryan Herta's team.

Track officials lowered the flags above the main office to half-staff, and later in the afternoon hung a banner with Wheldon posing with Indy's Borg-Warner trophy.
THE ASSOCIATED PRESS

Crossword



Across

1 Creche trio
5 Antiquated
8 Pulsate
12 Right angles
13 Kids' pie filling?
14 Eastern potentate
15 Go sightseeing
16 Pose
18 Embassy employee
20 Actress Spacek
21 Historic period
22 Conclusion
23 Without pizzazz
26 Try
30 Born
31 Playwright Levin
32 — constrictor
33 Lure
36 Choir rendition
38 "Hail!"
39 Total
40 Ecru
43 "Way to go!"
47 Lawyer
49 Anger
50 Humdinger
51 Web address
52 Up to
53 Scottish garment
54 Sock part
55 "That's one small — ..."

Down

1 Transcending (Pref.)
2 Oodles
3 Excessive supply
4 Where Tel Aviv is
5 Nebraska city
6 Minstrel's instrument
7 Banned pesticide
8 Happen as if by fate
9 Flightless flock
10 Lends a hand
11 Deuce defeater
17 "— It Romantic?"
19 Weep
22 Greek H
23 "CSI" evidence
24 Pensioned (Abbr.)
25 Nevertheless
26 Illustrations
27 Degree for a CEO
28 D.C. figure
29 53-Across wearer's hat
31 Lemieux milieu
34 Spicy stew
35 Maintain
36 Deposit
37 Intellect
39 Fashion
40 Abruptly refuse
41 Needle case
42 "— be OK"
43 Re planes and such
44 Fisherman's enticement
45 Look lasciviously
46 Shrill bark
48 Eccentric

▶ Yesterday's answer

Sudoku

		7					4	9
	3	1		9	2			
6			4					
1		5	7		4			
	4						1	
			5		9	4		8
					3			6
			1	5		3	9	
8	9					5		

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

3	8	5	1	7	4	2	9	6
7	4	2	3	9	6	8	5	1
6	1	9	8	2	5	7	4	3
9	3	8	4	5	2	6	1	7
4	2	6	7	1	9	5	3	8
1	5	7	6	3	8	9	2	4
2	7	4	9	8	1	3	6	5
8	9	1	5	6	3	4	7	2
5	6	3	2	4	7	1	8	9

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You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Complicated
So tell me have you ever really really, reallly ever loved a woman?
FROM SIMPLE

ex- N.West Commuter
It's been a little over a year since we first had contact via emailing, and a whole lot longer since I first laid eyes on you. You used to commute daily through the skytrain/bus system but havent seen you in so long. Our first and only encounter was no where near what I would love to offer you, and I would be more than willing to put my 'hair' on the line again, only for you, but as we are no longer 'friends' I only wish to tell you that you are still, as you have ALWAYS been, my dream guy!
FROM SCOOBYDOOBY

Today 15°/9° Sunny
Wednesday 14°/10° Partly cloudy
The Weather Network Download WeatherEye to your smartphone.
©The Weather Network 2011

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 If you have fallen out with someone, your first priority is to get back on good terms with them.

♉ Taurus April 21-May 21 Someone you have dealings with will be rather aggressive today and you may be tempted to respond in kind. Don't.

♊ Gemini May 22-June 21 Creatively and artistically you will be on top of your game today, so do something truly extraordinary.

♋ Cancer June 22-July 22 You may have to get tough with someone but if you don't they will most likely make a mess of something that affects you directly.

♌ Leo July 23-Aug.23 Your communication makes it easy for you to win others round to your way of thinking.

♍ Virgo Aug. 24- Sept. 22 You will get an offer today that could bring you a lot more money and prestige.

♎ Libra Sept. 23-Oct. 23 Look out for your own interests and pay no attention to those who say you should be helping them more.

♏ Scorpio Oct. 24-Nov. 22 You may be tempted to give up on something, but the planets warn if you stop now you will regret it later, so keep going.

♐ Sagittarius Nov. 23-Dec. 21 Save yourself for the things and the people that really matter.

♑ Capricorn Dec. 22-Jan. 20 Someone in a position of authority will be glad to assist you.

♒ Aquarius Jan. 21-Feb. 18 Everything seems to be going well for you at the moment and life will be hugely enjoyable over the next few days.

♓ Pisces Feb. 19-March 20. You may or may not grow rich over the next few days but Lady Luck is smiling on you. **SALLY BROMPTON**

Caption contest

NATHAN DENETTE/THE ASSOCIATED PRESS

NATACHA PISARENKO/THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

npa
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www.npavancouver.ca

Jason Lamarche for City Council

Gabby Kalaw for Park Board

Melissa De Genova for Park Board

Francis Wong for City Council

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Karat|Price/gram

1oz Maple Leaf Coin (9999)	$1616/coin
999 Gold Coins and Bars	$49.52
24k Jewellery	$39.95
22k	$36.62
East Indian and Nuggets	$32.45
18k	$29.96
14k and dental	$23.30
10k	$16.64
.925 Sterling Silver	$0.58

We also offer refining services for large and dental lots. Please contact us for fee and payout information.

Additional Pricing

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Gold Coins Under 24kt (Per Gram of Gold)	$46.51/gram
Maple Leaf Coins under 1 ounce	$51.99/gram
999 Gold Bars under 1 ounce	$48.15/gram
Silver Maple	$31.08/coin
Silver Bullion	$29.46/ounce

Silver

Unrecognized Silver bars 1 ounce or more	$0.78/gram
Stamped Sterling Silver	$0.58/gram
Stamped .800 Silver	$0.50/gram
Unstamped Solid Silver	$0.42/gram

Canadian Silver Coins

Coins from 1966 or earlier	14.8 Times Face Value
Coins from 1967	11.6 Times Face Value
Coins from 1968	9.0 Times Face Value

American Silver Coins

Coins from 1964 or ealier	16.1 Times Face Value

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Platinum Jewellery (stamped 950)	$32.43/gram
999 Platinum Coins	$41.19/gram

*Canadian Dollars
Last Update 10/17/2011

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Purity: 14k • Weight: 193.50g

PRICE: $4,491.13

Example Purchase 2:

Purity: 24k • Weight: 6.42g

PRICE: $255.45

Example Purchase 3:

Purity: 14k • Weight: 183.30g

PRICE: $4,254.39

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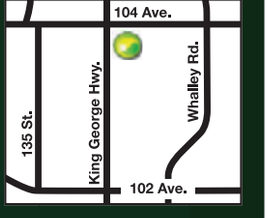

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